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Middle East

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16th birthday

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Pandan chiffon cake • Baklava sticky buns • Roasted pineapple & passion fruit cake



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**A THREE-NIGHT
STAY IN THE
MALDIVES WORTH
AED9,000**

25

**KITCHEN
HACKS YOU
NEED TO KNOW**

EERIE EATS
for Halloween

BEYOND ORDINARY GREENS

Italian roast chicken cobb salad | Elote-inspired pasta salad | Duck & plum salad

CPI

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Demon Duck

by Alvin Leung

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Welcome!

As we commemorate our 16th birthday, it is with a heart full of delight that I unveil to you the fresh, upgraded rendition of our publication. In a world where change is the only constant, we have seized this moment to give ourselves a makeover, revitalising our appearance and content to impeccably cater to your culinary interests.



From transforming mundane lunchbox sandwiches into a substantial meal (p30) to revealing special occasion recipes that'll have you reclaiming your weekends (p38), we've combed the landscape for treasures and left no culinary stone unturned.

As the temperatures cool and barbecue season beckons, we invite you to savour the divine flavours of Goat kofta, courtesy of the ever-talented Tom Kerridge (p50). Furthermore, embark on a globe-trotting culinary escapade with our showcase of global ingredients in the Elote-inspired pasta salad, and our cover star, Pandan Chiffon cake, promising to whisk you off to far-flung lands without ever leaving your kitchen (p55). Ever pondered the secrets to crafting the ultimate Chicken Kiev? Look no further, as we divulge expert tips for achieving a crispy coating and a tender centre that'll send your poultry prowess soaring – turn to page 60.

It may seem a tad early to mention the festive season, but we can't resist sharing our jam recipe (p77) that is sure to spread cheer among your nearest and dearest. And with the season of ghouls creeping closer, we've got all the spine-tingling essentials you'll need to host Halloween gatherings while keeping the little ones entertained with tricks and treats - turn to page 79. In this birthday edition, you will also find delectable desserts including a Pear, pecan and caramel crumble (p64), Salted flapjack brownie tart (p44), and Blackberry & banana breakfast muffins (p75), amongst plenty more treats.

Thank you for your unwavering support throughout the years, and here's to many more delectable journeys together.

Happy Reading!

Nicola Monteath
Editor

These are a few of our favourite dishes...



"I've always eaten Padron peppers as is. Adding it to ricotta toast makes for an elevated flavour-packed lunch"

Liz Smyth, Group Sales Director



"Nothing beats a seriously good, simple cookie. You will want a jar filled with these moreish Mocha chocolate chip cookies."

Blanche D'mello, Assistant Editor



"These Baklava sticky buns are inspired by one of my favourite desserts and I can't wait to cosy up with this treat and coffee over the weekend."

Gill Fairclough, Sales Director

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38

CONTENTS

October 2023

UPDATE

4 YOUR SAY

Find out if you won the Star Letter prize

6 NEWS NIBBLES

The latest in culinary news across the GCC

8 FLAVOURS OF THE MONTH

Take your pick from our roundup of new restaurants and menus to try across the region

12 TRIED AND TASTED

Two fine dining venues to dine at this month

14 COOKBOOK CHALLENGE

Prepare a comforting ramen bowl

17 COOK SMART

Reduce waste with these delectable meals

EASY

24 MIDWEEK MEALS

These one-pan dinners are just what you need after a busy day

30 LUNCHBOX LUXURIES

Trade dull sandwiches for flavourful layers

32 SAVE TIME

Try these kitchen hacks for an easier life

WEEKEND

38 MAKE YOUR WEEKEND MEMORABLE

Reclaim your weekend with special occasion recipes

44 LET'S BAKE

Create crowd-pleasing specials for entertaining



50 TOM KERRIDGE

Celebrate barbecue season with goat kofta

54 MAKE NEW DISCOVERIES

Take a journey through cuisines with global ingredients

60 NEXT LEVEL

Master the perfect Chicken Kiev with a crisp coating and juicy centre

63 SOW, GROW, GLOW

Learn how to grow and use seasonal ingredients

70 LEARN SOMETHING NEW

Discover kitchen secrets and beginner's tips

72 THE ORIGINAL BAKEWELL

Introducing the fruity, nutty Bakewell pudding served with cream or ice cream

74 BEAT THE SUNDAY SCARIES

Ease Sunday night blues with these recipes

77 GETTING AHEAD FOR CHRISTMAS

Prepare for Christmas early with tangy treats

FAMILY

79 TRICK OR TREAT

Here's everything you need for Halloween hosting and kids' entertaining

HEALTH

88 CHICKEN WINNER

Enjoy a sumptuous 10-minute one-pan dinner

90 BETTER BATTER

Try this healthy and gluten-free version of fish & chips

GOURMET LIFESTYLE

94 SEASIDE SOJOURN

Discover a retreat at Raffles The Palm Dubai

COMPETITIONS

98 GIFT VOUCHERS, MEALS AND PLENTY MORE.

Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

❄️ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.



Your Say

We love hearing from you!

star
letter



In this issue, what caught my eye was the seasonal fruit recipe - gooseberry cake. It was definitely out of my baking comfort zone. Nevertheless, the sweet memories of my grandmother's gooseberry desserts - cakes, jelly and summer drink she made for me and my siblings when we were kids, pushed me to try it. I thought I wouldn't be able to

make it but it turned out just great - I was surprised. I think we should never doubt our capacities and test our skills. It was a good challenge with a sweet reward and building some self-confidence. The cake received a round of "mmmhmmmm" approval from my neighbours with whom I shared it.

Martyna Sikorska



I loved, as always, the *News Nibbles* which keep me informed about the latest info. The *Tried and Tasted* section for ideas when we're confused, and the Easy recipes come in handy during busy days (mug cakes are the best plus!). Leftovers are always an issue and finding ideas to avoid waste always thrills me, thanks for that. *Seaside specials* were great to discover as well - thumbs up for the frozen cheesecake! I loved the freshness of all the salads and desserts too and of course the competitions.

Stephanie Chami



I loved the Thrill of the Grill feature! The barbecue recipes from around the world were an absolute delight and made my recent gathering a huge success. The BBQ-spiced spatchcock chicken was a showstopper. The flavours were perfectly balanced, and the chicken was tender and juicy. It not only wowed my guests but also left them asking for the recipe. Thank you, *BBC Good Food*, for continually delivering exceptional recipes and inspiring us to explore flavours from around the world.

Rachel Smith

WIN!

ENJOY A CHRISTMAS COUNTDOWN BRUNCH FOR FOUR AT HILLHOUSE BRASSERIE, WORTH AED1,400

Nestled within the heart of Dubai Hills Golf Club, Hillhouse Brasserie cordially invites you to usher in the highly anticipated festive season with their Countdown to Christmas Brunch. This esteemed, award-winning venue extends a warm welcome to guests to immerse in the holiday spirit and relish a family-style festive banquet brimming with joy and merriment. The specially curated menu boasts a delightful array of appetisers, main courses, and delectable desserts, all thoughtfully paired with timeless festive melodies and entertainment. The Christmas Countdown brunches are scheduled for October 20th, October 21st, November 24th, November 25th, and every Saturday throughout December.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: [f](https://www.facebook.com/bbcgoodfoodme) [ig](https://www.instagram.com/bbcgoodfoodme) [t](https://www.twitter.com/bbcgoodfoodme) [tik](https://www.tiktok.com/bbcgoodfoodme) [y](https://www.youtube.com/bbcgoodfoodme) [@bbcgoodfoodme](https://www.bbcgoodfoodme.com)

Or, you could write to us at: The Editor, BBC Good Food Middle East, Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.



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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East

TASTE THE DIFFERENCE



LuLu Group International is revolutionising the concept of private-label products by introducing a range of rich, distinctive flavours that cater to discerning palates. These offerings, such as exotic rose or mango chutneys, robust kebabs, and premium cold-pressed virgin cooking oils, defy conventional expectations associated with private labels. LuLu is reshaping the grocery aisle's private label segment by involving the taste preferences of customers who have been exposed to diverse global cuisines and innovative flavours. This commitment has led LuLu to develop an impressive portfolio of over 2,500 unique private-label products, leveraging ingredients and research from their global network of sourcing offices and advanced warehouses.

**THIS
MONTH
WE
LOVE...**

Bateel has introduced a novel addition to its assortment of date-based products with the launch of Olive dates. Created by immersing the young green dates in a brine solution of vinegar, salt, and water, these dates are then left to mature for three months. Throughout this period, the dates undergo a softening transformation, taking on a resemblance to olive fruits. Subsequently, they are carefully deseeded, bottled, and preserved in extra virgin olive oil, complemented by the infusion of aromatic herbs and jalapeños. The amalgamation of olives and dates delivers a unique blend of flavours and textures.

Available at Bateel's retail outlets in the United Arab Emirates and the Kingdom of Saudi Arabia. Visit bateel.com.

SUGARGRAM JOINS THE PINK RIBBON MOVEMENT



Sugargram has joined forces with Al Jalila Foundation and its esteemed partner, Brest Friends, to champion the cause of Breast Cancer Awareness Month this October. Brest Friends, the pioneering breast cancer support group in the UAE, is wholeheartedly dedicated to raising awareness about early detection, extending essential patient support, and advancing local breast cancer research. Sugargram has crafted an exclusive sleeve that embodies the essence of hope and unity. With every purchase of the delectable treats featuring this special sleeve, a portion of the proceeds will be directed towards the Al Jalila Foundation.

Throughout the month of October, these limited-edition sleeves will be available for orders through Deliveroo and Chatfood.

MATCHA MAGIC



Haiya Tarik, the esteemed tea sommelier behind HAIYATEA, has acquired an extraordinary Competition Grade Matcha sure to delight the region's most demanding tea lovers. Crafted from the finest leaves by fifth-generation Tencha farmer Kiyoharu Tsuji in Japan's Uji region, this matcha has won multiple accolades and is meticulously produced. With a limited quantity for pre-order, each 20g can is a treasure. It's not only the most expensive but also the most exquisite matcha available in the region, exclusively offered by the brand in the Dubai market. Once these farm-allocated pre-orders are gone, these competition-grade teas are known to soar in price, often only found through resellers.

AED1,500 for a 20g can. Visit haiyatea.com

Parisian Elegance



Enhance your occasions with a touch of Parisian charm, as Ladurée introduces its exquisite signature macaron pyramids, now accessible for online orders in the UAE. Known for crafting luxurious French delicacies, Ladurée brings the flavours of France directly to your

doorstep through a seamless and user-friendly e-commerce platform. The iconic Ladurée macaron pyramid is a must-have masterpiece for any special occasion and is available in various sizes to cater to your preferences. Each is adorned with a sumptuous selection of Ladurée's finest macarons, featuring delightful flavours that have been carefully curated to create an unforgettable experience.

The 20 macarons pyramid is priced at AED369. The 40 macarons pyramid is available at AED629, while the 90 macarons pyramid is AED1,349. For larger gatherings, you can enjoy the 130, 150, and 180 assortments. Visit laduree.ae.



SIP GUILT-FREE

Haus of Babylon is making a remarkable entrance into the Middle East as the region's premier non-alcoholic adult beverage brand. Inspired by the allure of picturesque destinations and cherished memories, Haus of Babylon, also known as HoB (which means "love" in Arabic), reimagines the beloved aperitif while infusing regional ingredients like tamarind, allspice, and hibiscus to deliver the familiar complexity and bitterness of classic concoctions, with the inaugural product, the Babylon Spritz. Beyond being a beverage, Haus of Babylon symbolizes a lifestyle choice that embraces refinement, elegance and mindful living.

AED130 at select Dubai locations and online through the Drink Dry platform. Visit hausofbabylon.com.

Flavours of the *month*

What's hot and happening
around town this month

➤ EUGÈNE EUGÈNE

Located at the Kempinski Mall of the Emirates, this modern brasserie draws inspiration from greenhouses and market halls, offering a refreshing and inviting atmosphere. Whether it's sipping coffee, sharing a meal, enjoying afternoon tea, or finding a creative workspace, Eugène Eugène provides thoughtfully curated spaces for all occasions, including lifestyle and social events. With an expertly crafted menu, the brasserie offers a range of authentic dishes with a modern twist, using the freshest and finest ingredients, including Vanilla tomato tartare, Truffle artichoke spinach salad, and Seabream a la plancha.

Contact +9714 379 8963.



➤ KARMA KAFÉ BY BUDDHA-BAR

Renowned Ras Al Khaimah hotspot, Karma Kafé by Buddha-Bar, celebrated for its fusion of Pan-Asian flavors and unique dining experiences, introduces an enticing new Dim Sum menu. Drawing inspiration from Hong Kong's classic Dim Sum houses combined with the Buddha-Bar style, tucked into bite-sized Dim Sums featuring fresh ingredients and vibrant Asian flavours. Highlights include Chicken shumai with shiitake mushrooms and orange tobiko, Prawn haw gow, Beef dumplings, Crispy chicken bao, and Sweet potato dumplings.

Contact +9717 209 0099.

Eugène Eugène

Photographs SUPPLIED



📍 BEBEK

Nestled in the warm embrace of Jumeirah Three, Bebek emerges as a culinary masterpiece seamlessly blending traditional Turkish flavours with a global culinary twist. As a gateway to modern Turkish cuisine, Bebek fuses warm hospitality and immersive entertainment including live performances and rhythmic melodies, creating memorable experiences for every guest. Menu highlights include Bebek's Signature burger, Lamb rack, Lamb skewers, 4 Fromages pizza, Serpme breakfast, and Baklava.

Contact +9712 5845 984.



📍 SOUL KITCHEN

This new culinary gem pays homage to the Arab diaspora that spread to Latin America in the 19th century, where people brought their culture and culinary traditions to new lands. Relish Levantine and Latin American dishes including the locally inspired Sheri fish crudo, the Grilled calamari marinated with achiote, Lychee ceviche and mushroom kebab, the Tamarind glazed lamb chops, and the inventive Chicken shawarma empanadas.

Contact +9714 836 0900.



📍 THE ST. REGIS ABU DHABI

Join Terrace on the Corniche for an enticing journey through The Project Brunch, where you'll embark on a unique dining experience, including a captivating bubbly sabering show, beverage tastings, and a diverse array of culinary favourites. This brunch extravaganza boasts live musical entertainment, a selection of beverages, and international specialties such as Tomahawk steak and oysters, freshly crafted pasta, and top-tier Italian cold cuts. Be sure not to overlook the handcrafted desserts, featuring a playful cupcake decorating station and irresistible chocolate fountains.

Every Saturday, from 12.30-4pm. AED275 per person including soft beverages. AED400 per person including house beverages and Italian bubbly. AED650 per person including premium French bubbly. 20% off on bookings through More Cravings app. Contact +9712 694 4553.



📍 MONNO

Jumeirah's Italian restaurant, Monno, introduces a new Chef's tasting menu, featuring a meticulously crafted five-course dinner, offering a selection of cherished land and sea dishes rooted in Italian culinary tradition. Diners can choose between a seafood-focused or meat-centric journey featuring Dibba Bay Oysters, slow-cooked octopus with potato cream and seaweed tapioca cracker, Spaghetti alla chitarra dressed in aromatic beurre blanc sauce and topped with Oscietra caviar, Slow-cooked Angus beef ribs with Italian coleslaw, and Ravioli al tartufo, to name a few.

AED300 per person. Contact +9714 332 2255.

AL MAMLAKA

Nestled within the iconic Kingdom Center, Al Mamlaka Social Dining transforms conventional market hall dining by infusing it with an element of luxury, featuring 21 kitchens that showcase a fusion of local and international brands. Incorporating interactive open kitchens, including a sushi counter and live pasta-making station, the International Collection, Deli Collection, and Coffee & Bakery zones offer counter service, while The Destination Dining Collection, home to venues like Lilly's Café and Assembly, requires advance reservations, and the Deli Dining, International Collection, and Coffee & Bakery zones operate on a walk-in basis; featuring a range of local favourites such as La Rustica, Rare Grill, PAO, Hanoverian, Nozomi Boutique, and Seray Bistro, alongside international concepts CARNEb, Assembly, and the Blended by Lyre's bar.

Visit almamlakasocialdining.com.



GCC

JOAN'S ON THIRD

Reflecting its iconic presence in Los Angeles, Joan's on Third made its debut in Riyadh in July, offering a harmonious blend of homey comfort cuisine and an unparalleled retail experience. From exquisite pasta selections and rare olive oils to exclusive truffle offerings and artisanal baking necessities, every shelf overflows with opulence, catering to the most discerning tastes.

Visit Instagram (@joansonthird_sa).





DOWNTOWN DELIGHT

Tradition meets the art of bread making at Ida Bistro & Bakery

Step into a whimsical space at Ida Bistro & Bakery. Nestled on the bustling Mohammed Bin Rashid Boulevard, adjacent to the Palace Downtown, Ida Bistro & Bakery originated in Fujairah, and has garnered a reputation for authenticity and freshness in every item on its menu. Whether indulging in delectable bakery treats, savouring delightful pastries, or exploring the diverse bistro offerings, diners can indulge in dishes crafted with dedication and passion.

As Ida expands into Downtown Dubai, it shares its culinary passion with a wider audience, highlighting a menu that stars the finest, freshest ingredients to underscore its unwavering commitment to quality. The bakery takes immense pride in their dedication to mastering the art of bread making, employing the time-honoured Masa Madre method for crafting their renowned croissants and



Danish pastries. This technique relies on just three key ingredients: water, flour, and a touch of salt, reflecting one of Ida's core brand values – natural simplicity.

For those in search of a cosy morning escape amidst the bustling city, the quaint bakery presents the ideal destination. Seated in the naturally lit space, diners are enveloped in a serene, zen-like ambience. Served with a perfect cup of coffee, relish signature offerings such as 'The Sensationals,' featuring Turkish eggs, Gravlox salmon bagels, the hearty Reyog plate with Ida's unique touches, and the Avocado & spicy labneh toast crowned with two organic poached eggs. As the day progresses, find classics like Homemade tagliatelle pasta, the savoury delight of Pan-toasted butternut gnocchi, and the Mediterranean feast of freekeh bahri paella. Ida is also celebrated for their sourdough bread, artisan baguettes, homemade butter, spreads, and jams.

The experience extends beyond the bakery's threshold, with Ida's highly anticipated bread subscription service. Available on a weekly, bi-weekly, or monthly basis, subscribers can relish the exceptional freshness of Ida Bakery & Bistro within the comfort of their homes. The Ida Mini Package is available at just AED89, inclusive of two loaves and four croissants, while the Ida Family Package comprises four loaves and six croissants for AED139. All bundles can be conveniently delivered to subscribers' doorsteps free of charge or picked up at Ida's Downtown location.

At Ida Bakery & Bistro, the mission is clear: to provide wholesome, unprocessed food that brings warmth and comfort. With flexible subscription options, coupled with an enticing bistro menu, Ida can be embraced both within the downtown venue and at home.



Tried & tasted

Our top dining experiences this month



and the subtle crunch of shallots. The Creamy heritage tomato features a luscious Burrata cheese ball, adorned with fragrant basil pesto and encircled by ripe heritage tomatoes. Served beside a toasted garlic brioche and crowned with an egg yolk, the Wild mushroom ragout showcased a rich umami flavour.

For our main course, we savoured the Corn-fed chicken paillard, a dish that unites tender chicken with a burst of pickled red peppers, the fiery kick of harissa, alongside crispy leaf salad and creamy feta cheese, while the Wagyu Burger presents a succulent patty nestled within a soft potato bun, topped with caramelised onions and Monterrey Jack cheese. The accompanying fries were golden and crisp, and the peppercorn sauce added a touch of indulgence to the experience. The Aged Acquerello parmesan rice with braised trompettes was a creamy risotto, enriched with the depth of aged parmesan, and was a comforting complement to our meal.

To conclude our culinary journey, we opted for the Death by chocolate, which arrived on a cake trolley, allowing us to choose from a selection of drizzles including berries, white chocolate, and dark chocolate sauce. The Crème brûlée, topped with a refreshing blackberry sorbet, was a delicate and creamy delight that rounded off our dining experience on a high note.

Book now

Contact +9714 402 2222 or visit citysocialdubai.com.

JAZZ BY CITY

City Social House has introduced its latest dining venture Jazz by City on the 44th floor. Born from the creative vision of the celebrated celebrity Chef Jason Atherton, the venue assures a memorable night brimming with New York-inspired grill fare, soul-soothing jazz melodies, and a mesmerizing vista of Dubai's skyline.

The stylish interiors, featuring warm colour palettes, artistic flair, musical artwork frames, marbled decor, and inviting green and brown tones, skillfully create an immersive and visually captivating jazz-inspired setting for diners. Jazz enthusiasts can immerse themselves in enchanting melodies reminiscent of legends such as Nina Simone, Frank Sinatra, and Duke Ellington while grooving to the rhythmic beats of the duo, Salt N Pepper.

The highlights

The menu at Jazz by City presents a mouthwatering selection of dishes inspired by the grill concept synonymous with New York-style cuisine. To start off, we ordered the Boston prawn salad, a delightful creation with succulent prawns bathed in a Marie Rose dressing, accompanied by creamy avocado





BABEL

The renowned Lebanese fine dining restaurant has officially made its debut in Dubai Mall's Fashion Avenue, marking an exciting addition to the city's culinary scene. Originating in Dbayeh, Lebanon, in 2009, Babel has since grown into a must-visit culinary destination, with a presence in Lebanon, Kuwait, Egypt, and Qatar.

Spanning an impressive 9,500 square feet, the dining space promises to transport guests on a historical journey to the banks of the Euphrates, once home to the world's mightiest city, Babel. Diners can witness an airy indoor dining area with an open kitchen concept and a dedicated fresh seafood display. The venue also offers both indoor and outdoor seating options, with smoking and non-smoking sections. The venue boasts a spacious terrace overlooking the iconic Dubai Fountain, making it the perfect setting to relish the forthcoming cooler months.

The highlights

Our evening commenced with an assortment of starters that cascaded onto our table, filling the air with anticipation. These preludes to our meal included Tabboulet el bahar, a unique take on the traditional tabbouleh featuring

succulent shrimps, where the freshness of the ingredients and briny shrimp flavours harmonised beautifully. We then savoured the iconic Hummus alongside smoked Artichoke with lemon sauce, where the smoky artichoke essence perfectly complemented the zesty lemon sauce.

We then ventured into Muhammara, followed by the tangy Balila, an exquisite medley of chickpeas, coriander, tomato, cumin, and lemon sauce that graced our palates with its aromatic spices. The star was undoubtedly the Ravioli shish barak - a dish that left a lasting impression, where delicate ravioli parcels, filled with savoury richness, were perfectly enhanced by creamy yoghurt and parmesan cheese.



For our main course, the Kebab with toasted pita bread offered a comforting blend of smoky grilled meat marinated in delectable spices. The Lamb shank, served on fragrant oriental rice, showcased tender meat and aromatic spices, while the cheesy Lobster thermidor provided a rich flavour.

As we embraced the final course of our culinary exploration, the Double chocolate dessert arrived, showcasing homemade chocolate cake coupled with dark chocolate ice cream served on top. The Umm Ali, a traditional Middle Eastern dessert shared textured layers of pastry, nuts, and cream. It was, unequivocally, an unforgettable gastronomic experience—one that we would eagerly relive.

Book now

Contact +9714 431 2333 or visit babelrestaurant.com



COOKBOOK CHALLENGE

Ramen

by Makiko Sano


Editor **Keith Kendrick** finds comfort in easy noodle bowls and broths

I've added a new comfort food to my repertoire. It ticks all my boxes: planning ahead, batch-cooking, speedy assembly. That dish is ramen – the savoury Japanese broth to which you add noodles and whatever else you fancy. I've become obsessed with it, making litres of collagen-rich stock by cooking chicken wings with water, spring onions, garlic and ginger in my pressure cooker to tub up and chill for super-simple midweek meals. It's healthy, incredibly tasty and so satisfying – the proverbial soul in a bowl. My inspiration comes from Makiko Sano's cookbook, a comprehensive guide to creating ramen, plus 80 classic and innovative recipes.

Makiko explains the four cornerstones of a bowl of ramen: tare, broth or dashi (meaning extracted liquid), noodles and toppings. Each of these components is described, including different types of tare (think of a dipping sauce that you add to your bowl before pouring in the broth: my go-to is Makiko's, made with light and dark soy sauces, brown sugar, apple cider vinegar and mirin), various broth options (animal-based, seafood-based and vegetarian), and the six types of ramen noodles, categorised by thickness. There's also a wealth of information on toppings, from chashu (roasted or braised pork belly) to boiled eggs, vegetables, mushrooms, seaweed and more. Makiko spotlights five popular styles of ramen:

tonkotsu, miso, shoyu, shio and tsukemen. While some ingredients may be harder to find, Makiko provides alternatives. The key is creating layers of flavours and textures. Start with the tare, then add broth, noodles, meat or veg, and garnish for a wondrous dish.

Pork chashu

SERVES 4 **PREP** 15 mins plus overnight marinating and resting
COOK 1 hr **MORE EFFORT** 

100g granulated sugar
70ml dark soy sauce
1 tbsp cooking sake
2 tbsp oyster sauce
1 tsp grated garlic
1 tsp grated ginger
1 tsp white miso paste
500 pork loin

To serve

300g cooked ramen noodles,
boiled egg, fried mushrooms,
and sliced spring onion (optional)

- 1 Mix the sugar, soy sauce, sake, oyster sauce, garlic, ginger and miso paste together in a small bowl. Pour into a saucepan and cook over a low heat for about 7 mins until the sauce has thickened slightly.
- 2 Put the pork loin in a ziplock bag or sealed container. When the liquid has cooled, pour it into the bag with the pork, seal and marinate in the fridge overnight or, ideally, for one or two days. Turn halfway through to ensure the meat is coated.
- 3 Before roasting, remove the bag from the fridge to allow the meat to come to room temperature. Heat the oven to 200C/180C fan/gas 6.

Take the pork out of the marinade and put on a wire rack over a baking sheet or grill pan, and cook in the oven for 40 mins, turning halfway.

4 Meanwhile, tip the remaining liquid from the bag into a saucepan and simmer until reduced by half. Strain to make the sauce.

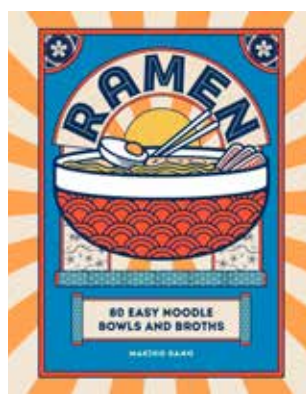
5 Remove the pork from the oven and leave to rest for 5-10 mins, then slice into 5cm-thick slices. (You can chill the meat first for an hour to make slicing easier.) Ladle the noodles into bowls and top with the pork. The sauce can be poured over or used as a dipping sauce.

6 Serve with noodles, boiled egg, mushrooms and spring onion, if you like.

PER SERVING 597 kcal • fat 13g • saturates 5g • carbs 86g • sugars 28g • fibre 0.1g • protein 32g • salt 5g



“It's healthy, and so satisfying. The proverbial soul in a bowl”



RAMEN: 80 Easy Noodle Bowls and Broths by Makiko Sano.

Books for cooks

Our cookery content creator **Helena Busiakiewicz** selects her favourite books to inspire you this month

More is More

by **Molly Baz**

Fans of Baz's first book will rejoice, as she is back again with a whole host of punchy recipes. As the title suggests, this book isn't about delicate, subtle flavours, but more garlic, more anchovies, more everything! Written very much tongue-in-cheek, but also peppered with sound cooking advice, this book feels like going to a really fun party, then coming home with tonnes of delicious leftovers.

Must-try recipe: Triple-threat garlic bread



The Korean Cookbook

by **Junghyun Park and Jungyoon Choi**

We all need titles in our cookbook collection that are the reference point for a particular cuisine. This has become that for me, for all things Korean. It is a weighty tome packed full of 350 well-explained recipes that will have you whipping up kimchi and Korean doughnuts in no time. I loved the essays explaining how Korean cuisine has developed.

Must-try recipe: Napa cabbage kimchi

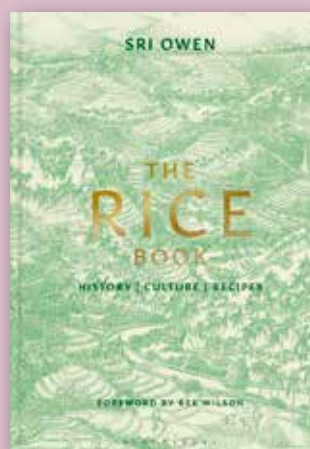


The Rice Book (new edition)

by **Sri Owen**

To say that rice is an important food would be an understatement. In the UK, cooking it sometimes sets fear in people. Owen's book demystifies rice, and how to cook it, in a host of delicious recipes. Owen also covers the economics and mythology, deepening our understanding of this mighty grain, leaving you with a newfound appreciation of rice.

Must-try recipe: Philippines sour soup with prawns (Sinigang na hipon)





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Quick-mix cookies

Get baking with these speedy recipes using staples like flour, sugar and even cereal



Three-ingredient cookies

MAKES 18 **PREP** 10 mins plus 10 mins cooling **COOK** 12 mins **EASY** V

Heat the oven to 180C/160C fan/gas 4 and line two baking trays with baking parchment. Combine **150g caster sugar** with **250g nut butter** (we used peanut butter). Crack in **1 egg** and whisk again until smooth and creamy. Roll into 18 balls and arrange on the prepared tray, well spaced apart. Using the back of a fork, press down twice on each cookie in a criss-cross until flat and round. Sprinkle over any leftover **chopped nuts**, if you have them. Bake for 10-12 mins until golden brown. Leave to cool on the tray for 10 mins before removing to a rack to cool completely. You could dip them in melted chocolate, if you like. *Will keep in an airtight container for two days.*

GOOD TO KNOW gluten free
PER SERVING 125 kcals • fat 8g • saturates 2g •
carbs 10g • sugars 9g • fibre 1g • protein 4g • salt 0.1g

Fruit squares

MAKES 16 **PREP** 15 mins plus 30 mins chilling **COOK** 40 mins **EASY** V

Butter and line a 20cm square baking tin with baking parchment, leaving an overhang. Rub **125g unsalted butter** into **250g plain flour** using your fingertips. Stir in a pinch of salt and **2 tbsp icing sugar**. Bring together with your hands and 2-3 tbsp cold water. Cover and chill for 30 mins. Mix **175g currants** with **70g caster sugar** and 1 tsp water. If you like, stir in **1 chopped, peeled apple**. Heat the oven to 180C/160C fan/gas 4. Cut the pastry in half and roll out one half to line the base of the tin. Spoon the fruit onto the pastry leaving a border. Brush the border with **milk**, roll the rest of the pastry just larger than the base, lay it on top and press the edges to seal. Trim any excess. Brush with milk, scatter over **1 tbsp caster sugar**. Bake for 35-40 mins. Leave to cool in the tin, then cut into 16 squares. *Will keep in an airtight container for three days.*

PER SERVING 175 kcals • fat 7g • saturates 4g •
carbs 26g • sugars 14g • fibre 1g • protein 2g • salt 0.01g

Cereal cookies

MAKES 12 **PREP** 15 mins **COOK** 22 mins **EASY** V

Heat the oven to 180C/160C fan/gas 4. Spread **100g cereal** (we used malted wheats) on a baking tray and toast in the oven for 8-10 mins, until fragrant. Tip into a bowl to cool. Using an electric whisk or stand mixer, beat **125g unsalted butter**, **85g light brown soft sugar** and **75g caster sugar** for 5 mins until light and fluffy. Mix in **1/2 tsp vanilla extract**, a pinch of salt and **1 egg**. Add **1/2 tsp bicarbonate of soda**, **175g plain flour**, **125g roughly chopped dark chocolate** and most of the toasted cereal. Mix until just combined. Shape into 12 balls and arrange, well spaced apart, on two baking trays lined with baking parchment, then flatten slightly. Sprinkle over the remaining cereal. Bake for 10-12 mins, leave to cool on the trays for 10 mins, then cool completely on a wire rack. *Will keep in an airtight container for four days.*

PER SERVING 278 kcals • fat 13g • saturates 8g •
carbs 35g • sugars 17g • fibre 2g • protein 4g • salt 0.2g

Freeze the cheese

Grate cheese and store in the freezer, so it's ready to sprinkle into toasties or pasta bakes in a flash – no need to defrost.

Onion options

Red onions can easily be swapped for white onion or even a couple of shallots in a pinch.

Creamy twist

For an even more cost-effective recipe, swap the mascarpone in this bake for soft cheese.



Switch it up

You can swap the chicken and bacon in this for sausages and mushrooms.

Odds and ends

Try our simple pasta bake – it's ideal for polishing off leftover pasta and cheese

Chicken & pasta bake

There should always be pasta in the back of the cupboard. It's a perfect vehicle for carrying other ingredients that you might have less of. This recipe is sure to become a favourite.

SERVES 6-8 **PREP** 20 mins

COOK 1 hr 15 mins **EASY** 🌿 📖

2 tbsp olive oil
100g smoked streaky bacon, cut into small pieces
4 chicken breasts, cut into chunks
1 red onion, finely chopped
2 garlic cloves, finely chopped
1 red pepper, diced
1 yellow pepper, diced
1 tsp oregano
¼ tsp chilli flakes (optional)
2 x 400g cans chopped tomatoes
1 tsp caster sugar
small bunch of parsley, roughly chopped
3 tbsp mascarpone
350g pasta, any shape – if long, snap them in half
65g cheddar, grated
50g mozzarella, grated

1 Heat the oil in a large, wide casserole, over a medium heat. Stir in the bacon and cook for 5-7 mins, until crispy and browned. Remove to a bowl using a slotted spoon and set aside. Tip in the chicken and stir well to coat in the bacon fat. Turn the heat up to medium-high and cook for 3-5 mins until browned all over (it doesn't need to be cooked through at

this point). Remove to the same bowl as the bacon using a slotted spoon.

2 Mix the onion and garlic in with a pinch of salt and turn the heat down to medium. Cook for 10-12 mins until softened. Add the peppers, oregano and chilli flakes, if using. Cook for a further 8-10 mins until the peppers have softened. Pour in the canned tomatoes, then swill out the cans with a little water and tip this in as well. Sprinkle over the sugar and stir in the chicken and bacon and most of the parsley. Season well and bring to a simmer. Cook for 20-25 mins, until thickened. Mix in the mascarpone, stirring well until dissolved.

3 Meanwhile, cook the pasta for 2 mins less than the pack states, then drain thoroughly reserving a mug of the pasta cooking water. Heat the oven to 220C/200C fan/gas 7. Taste and season the sauce before tipping in the cooked pasta. Pour in a splash of the pasta cooking water to bring the sauce together before spooning the mixture into an ovenproof baking dish. *Will keep covered and frozen for up to three months. Defrost thoroughly in the fridge overnight before baking.* Top with both cheeses and bake for 10-15 mins until golden and bubbling. Scatter over the remaining parsley and serve straight from the dish.

GOOD TO KNOW low cal • vit c • 2 of 5 a-day
PER SERVING (8) 408 kcs • fat 15g • saturates 6g •
carbs 36g • sugars 8g • fibre 5g • protein 31g •
salt 0.8g



Condiments

Make the most of flavour-boosters that are often underused in the kitchen

Honey

Swirl it into dips, marinades or dressings for natural sweetness. Drizzle it over freshly baked cakes for a sticky glaze – it works well with carrot cake. Or mix into softened butter and spread over crumpets. Store in a cool, dark cupboard.

Hot honey sauce

Heat **1 tbsp vegetable oil** in a pan and fry **2 chopped garlic cloves** and **1 chopped red chilli** until fragrant and lightly browned. Stir in a pinch of salt and **100ml honey**. Remove from heat, add a **splash of vinegar**, then set aside to infuse for 1 hr. Drizzle over fried chicken or pizza.

Wine vinegar

Wine vinegars are ideal for dressings and pickling. If open for a while, a cloudy sediment forms, but this doesn't affect the quality. Red wine vinegars are great for mixing with leftover herbs for chimichurri. Hollandaise sauce uses white wine vinegar – find our recipe at bbcgoodfoodme.com/recipes/hollandaise-sauce. Or for something simpler:



Garlicky salad dressing

Mix **2 tbsp vinegar** with **1 tbsp Dijon mustard**, **4 tbsp olive oil** and a small **grated garlic clove**.

Pickled cucumber & onions

Combine **75ml white wine vinegar** with **2 tbsp caster sugar** and 1 tsp salt and pour over finely sliced cucumbers or onions. Chill for a few hours then serve.

Soy sauce

If you find a sauce is lacking a bit of umami punch or needs some greater depth, add a drizzle of soy sauce. Try it in caramel, too. Find an innovative milkshake recipe at bbcgoodfoodme.com/recipes/soy-sauce-caramel-milkshake. Or see the recipe opposite to make a soy glaze. (Store in the fridge if you don't use it too often.)

Soy-marinated eggs

Boil **2 eggs** for 6½ mins, then drain and peel. Mix **75ml soy sauce** and **25ml mirin** and immerse the eggs in the mixture. Leave for at least 30 mins or up to 4 hrs, turning every so often. Serve with ramen.



Hot sauce

There are many different varieties, but you can easily make a delicious buffalo sauce for dousing over crispy wings with most (although a vinegary one works especially well). Whisk 125ml hot sauce with 2 tbsp melted butter. Add a squeeze of honey or spices for a bit more oomph if you like, and toss with crispy chicken wings – find our recipe at bbcgoodfoodme.com/recipes/air-fried-chicken-wings. Swirl hot sauce into mayo for a spicy dip to serve with sweet potato wedges. Hot sauces like gochujang also work well in marinades for steak, and sriracha is excellent in stir-fries as it lends some funk to the sauce. You can store them in the fridge once opened, if you don't use them often.



Mayonnaise

It can be used in sauces, creamy salad dressings or in sandwiches instead of butter. Spread over the outside of a cheese toastie for an even crispier finish. Mix mayonnaise with shredded cooked chicken, a handful of chopped soft herbs like dill or chives, some gherkins and serve on toasted sourdough for an open-top sandwich. Or, combine with a few tablespoons of pesto, a grated garlic clove and a grating of parmesan to serve with roast chicken and chargrilled vegetables. Store in the fridge once opened.

Tomato ketchup

Found on most tables, this beloved sauce is well known for getting children to eat their dinner, but it's much more than that. You can use it instead of tomato purée in a pinch, or add it to bolognese to give some sweetness.

Easy ribs glaze

Mix **equal parts ketchup** and **apricot jam** with a **squeeze of lemon juice** and **splash of soy sauce**. Use it to glaze ribs or add 1-2 tbsp to a burger or meatball mixture. Keep leftovers chilled.



Spice it up

You can use sriracha or gochujang in this recipe.

Soy & sesame-glazed celeriac

The glaze uses up what's left of your condiments. If you don't have celeriac, use any hardy root veg like turnips, swede or kohlrabi.

SERVES 4 **PREP** 10 mins

COOK 40 mins **EASY** **V**

1.5kg celeriac, peeled
1 tbsp gochujang
2 tbsp soy sauce
1 tbsp honey
1 tbsp rice vinegar
1 tbsp sesame oil
½ tbsp sesame seeds
3 spring onions, finely sliced
cooked white rice, to serve

1 Heat the oven to 200/180C fan/gas 6. Cut the celeriac into wedges, 2-3cm thick and put in a roasting tin.
2 Whisk the gochujang, soy, honey, vinegar, sesame oil and sesame seeds together until smooth and emulsified. Pour over the celeriac and, using your hands, toss to coat. Roast for 20 mins. Turn, then cook for a further 15 mins. Turn again and cook for a final 5 mins until sticky and caramelised and the celeriac is tender. Serve with cooked rice, spring onions scattered over and any leftover glaze on the side.

GOOD TO KNOW low fat • folate • fibre • vit c •
1 of 5-a-day
PER SERVING 175 kcs • fat 5g • saturates 1g •
carbs 18g • sugars 14g • fibre 19g • protein 5g •
salt 2.1g

Up the steaks

You could also use the glaze in this recipe for pan-fried salmon or steak. Add it in the final 5 minutes of cooking and baste well.

WELCOME TO OKKU

A reimaged Japanese dining experience that seamlessly fuses the cherished nostalgia of the brand with exceptional excellence

goodfood
MALAYSIA
AWARDS
2023

Vote for OKKU under
the Homegrown
and New Restaurant
categories.

Prepare to relive cherished memories and embrace a heart-warming sense of nostalgia as you step into the legendary Japanese restaurant, bar, and lounge, OKKU. Devotees of this iconic hotspot can embark on an evocative voyage as the homegrown establishment welcomes guests once again, in its new location at the Marriott Resort Palm Jumeirah. OKKU 2.0, with its fresh and innovative approach, continues to deliver the same sensational experience that earned it its status as an award-winning icon.

Dining here is a sensorial journey. From carefully curated lighting and exquisite textures to a bespoke OKKU scent, designed with notes of mandarin, bergamot, and orange blossom, every detail ignites all five senses and immerses diners in the restaurant's ambience. The iconic restaurant's main space boasts a captivating 20-metre Sushi Bar & and Robata Grill, while those seeking a more relaxed atmosphere, can dine at the lounge showcasing lavish lounge seating or relax at the impressive elegant bar which is the centrepiece of the dining room. An intimate private dining room is also available, perfect for those special occasions that demand privacy and personalised service.

The décor reverentially celebrates Japanese culture through the inclusion of traditional Yakisugi decorative wooden panels and distinctive brick walls that encapsulate the essence of Japanese design. To elevate the ambience further, the ArtBeat Gallery has meticulously crafted bespoke Japanese-inspired artworks. The presence of eight remarkable 3D-printed Samurai soldiers, each towering at an impressive height of 2.20 meters, adds a captivating and dramatic dimension to the venue.

The menu is a testament to the fusion of traditional Japanese classics with innovative creations from expert chefs. From the iconic 'O' style dishes such as all-time favourites, Spicy tuna on crispy rice, now with new variants and toppings of spicy salmon and the star of the show, the charred tomato with yuzu miso, both on crispy rice, to the 'Flaming avocado' and Wagyu Himalayan shioyaki - a juicy Wagyu 9+ steak complemented by garlic-soy & oroshi-ponzu, that can be cooked on the hot Himalayan salt stone at the comfort of your table - the destination's unwavering dedication to quality shines brightly in every dish.

The team procures the finest ingredients, including fresh fish and top-grade Wagyu beef imported from Japan. Those with an affinity for premium meats can devour the standout offering, a 1.7kg Japanese bone-in Wagyu rib of beef, a truly unique treat within the city. For those in search of the absolute finest, Kobe beef is also available by advance order upon special request.

Additionally, the beverage menu is a revelation, highlighting the light and fruity Kimono to the full-bodied Sumo Punch, each beverage a work of art. Grape enthusiasts can treat themselves to the impressive cellar, boasting over 300 labels, including high-end selections by the glass, spanning old-world grapes to traditional and innovative varieties.

As a hub for the creative talent of the region, OKKU hosts resident DJs and artists, providing diners with entertainment while indulging in the familiar warmth and culinary mastery that renders OKKU an essential homegrown destination for a well-rounded evening experience.



easy

Delicious, simple, and
easy-to-make recipes



sandwiches
lunchbox luxuries p30



save time
25 hacks you need to know p32



midweek meals
one-pan dinners p24

midweek meals

COOK
SMART

one-pan dinners

With minimal prep and only one roasting tin required, these recipes are just what you need after a busy day *recipes* AILSA BURT *photographs* LIAM DESBOIS

Spiced cod with
chickpea traybake





Apricot-glazed chicken
& lentil traybake

HEALTHY

Turmeric cod with chickpea traybake

Bulk out a simple cod dinner with filling chickpeas, flavoured with ginger, garlic and turmeric.

SERVES 2 PREP 10 mins

COOK 45 mins EASY

400g can chickpeas, drained and rinsed
2 tsp sunflower oil
2 garlic cloves, crushed
2 shallots, finely chopped
15g ginger, peeled and grated
2 tbsp tomato purée
200ml hot chicken stock, made up with ½ stock cube

1 tsp ground turmeric
¼-½ tsp chilli flakes
2 x 125g pieces of cod
200g frozen spinach
10g coriander, roughly chopped, or a few whole leaves, to serve

1 Heat the oven to 200C/180C fan/gas 6. Tip the chickpeas, oil, garlic, shallots, ginger, tomato purée, stock and most of the turmeric and chilli flakes into a 20 x 30cm roasting tin. Stir and season well, then bake for 20-25 mins until the mixture is bubbling and the liquid has reduced.
2 Meanwhile, pat the cod dry. Tip the remaining turmeric and chilli flakes, as well as a large pinch each

of salt and freshly ground black pepper, onto a shallow plate and press the cod into the mixture to coat. Remove the roasting tin from the oven and nestle the cod and frozen spinach into the chickpeas. Cook for 10 mins, then carefully stir the spinach into the chickpeas. Return to the oven for 5 mins more until the cod is cooked through and opaque. Spoon into bowls and scatter over the coriander to serve.

GOOD TO KNOW healthy • low fat • low cal • fibre • iron • 3 of 5-a-day

PER SERVING 341 kcals • fat 8g • saturates 1g • carbs 23g • sugars 4g • fibre 11g • protein 37g • salt 1g

BALANCED

Apricot-glazed chicken & lentil traybake

Let your oven do the work for you with this hands-off traybake.

SERVES 4 PREP 10 mins

COOK 55 mins EASY

2 tbsp apricot jam
1 tsp sunflower oil
1 tbsp reduced-salt soy sauce
2 garlic cloves, crushed
1 tbsp rice vinegar
1 large cauliflower
275g dried green lentils, rinsed
700ml hot chicken stock
500g boneless, skinless chicken thighs

1 Heat the oven to 200C/180C fan/gas 6. Combine the jam, oil, soy sauce, garlic and vinegar in a small bowl, season well and set aside. Tear the leaves off the cauliflower, discarding any discoloured ones, and set the rest aside. Cut the cauliflower stalk and florets into bite-sized pieces.
2 Combine the lentils, cauliflower stalks and florets and the chicken stock in a 20 x 30cm roasting tin or casserole, and season well. Roast for 20 mins. Season the chicken thighs and toss in the jam glaze to coat.
3 Remove the tin from the oven and nestle the chicken thighs into the lentils, along with any excess glaze.

Bake for 20 mins. Remove from the oven, nestle the cauliflower leaves between the chicken thighs and bake for 15 mins more until the chicken is cooked through. Serve with a bitter leaf salad and some crusty bread, if you like.

GOOD TO KNOW low fat • low cal • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 499 kcals • fat 11g • saturates 3g • carbs 45g • sugars 11g • fibre 11g • protein 49g • salt 1.5g

HEALTHY

Crispy gnocchi traybake with leeks & broccoli

You can swap the broccoli and leeks for whatever's in your veg drawer that needs using up.

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY** **V**

1 broccoli (about 350g), florets cut into bite-sized pieces and stalks cut into 1cm chunks
2 leeks, finely sliced (about 350g)
½-1 tsp chilli flakes (optional)
2 tbsp olive oil
400g fresh gnocchi
3 garlic cloves, finely sliced
1 lemon, zested and cut into wedges
50g mature cheddar, grated
small handful of parsley, finely chopped

1 Heat the oven to 200C/180C fan/gas 6. Tip the broccoli florets and stalks into a 20 x 30cm roasting tin along with the leeks, chilli flakes (if using), half the olive oil and 3 tbsp water. Season well and toss to combine. Roast for 20 mins until the broccoli is almost tender.

2 Combine the gnocchi with the garlic, remaining oil and the lemon zest, then tip into the roasting tin, stir and sprinkle over the cheese. Cook for 20-25 mins more, or until the gnocchi and cheese are golden. Sprinkle over the parsley and serve with the lemon wedges on the side.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day


PER SERVING 334 kcals • fat 11g • saturates 4g • carbs 41g • sugars 5g • fibre 9g • protein 12g • salt 0.5g



HEALTHY

Sticky miso aubergine traybake

Use storecupboard ingredients to pack umami flavour into this simple vegetarian dish.

SERVES 2 **PREP** 5 mins
COOK 45 mins **EASY** 

2 aubergines, halved lengthways
2 tsp sesame oil
1½ tbsp white miso
1 tbsp mirin
½ tbsp honey
250g pouch cooked brown rice
2 tsp sesame seeds
2 spring onions, finely sliced

1 Heat the oven to 200C/180C fan/gas 6. Score the flesh of the aubergines in a deep criss-cross pattern, being careful not to cut through to the skin. Arrange on a baking tray lined with baking parchment and brush the flesh with the sesame oil. Turn so they're cut-side down, and roast for 15-20 mins until just softening.

2 Meanwhile, combine the miso, mirin, honey and 1 tbsp water. Remove the aubergines from the oven and turn so they're cut-side up, then brush over the miso glaze. Return to the oven for 15-20 mins, or until fully soft and caramelised.

3 Heat the grill to its highest setting and slide the aubergines under for 5 mins until bubbling (watch closely so the parchment doesn't catch). Warm the rice following pack instructions, then top with the aubergines, sesame seeds and spring onions.

GOOD TO KNOW healthy • low fat • low cal • fibre

• 1 of 5-a-day

PER SERVING 339 kcals • fat 10g • saturates 2g •
carbs 48g • sugars 15g • fibre 14g • protein 9g •
salt 1.1g



BALANCED

Green bean & cherry tomato traybake gratin

Comforting, creamy and best eaten from a bowl, this is just what midweek calls for.

SERVES 2 **PREP** 5 mins
COOK 45 mins **EASY** **V**

350g cherry tomatoes
1 tbsp olive oil
small handful of thyme sprigs, leaves picked
1 red onion, finely chopped
25g breadcrumbs
40g extra mature cheddar, finely grated
1 tbsp ricotta
400g can white beans (such as butter beans), undrained
3 garlic cloves, sliced
200g green beans, trimmed

1 Heat the oven to 200C/180C fan/gas 6. Tip the tomatoes into a roasting tin or casserole (leave them on the vine if that's how they come, as this adds flavour). Stir in the oil, thyme and onion, and season. Roast for 15-20 mins until just beginning to burst.

2 Meanwhile, combine the breadcrumbs, cheddar and a good grinding of black pepper in a bowl. Tip the ricotta into a second bowl, then the white beans along with the liquid from the can and lightly mash half the beans into the cheese using a fork.

3 Remove the tin from the oven, add the garlic, green beans and mashed bean mix, then stir well. Sprinkle over the breadcrumb mixture. Bake for another 15-20 mins, or until the topping is golden, then serve.

GOOD TO KNOW low cal • calcium • folate • fibre • vit c • iron • omega-3 • 4 of 5-a-day
PER SERVING 414 kcal • fat 15g • saturates 6g • carbs 42g • sugars 14g • fibre 14g • protein 20g • salt 0.5g



sandwiches

lunchbox luxuries

Ditch bland shop-bought sarnies for layers of flavour

recipes GOOD FOOD TEAM photographs FACUNDO BUSTAMANTE

Ultimate prawn mayo sandwich

SERVES 2 PREP 15 mins COOK 5 mins EASY

Put **100g hispi cabbage**, finely sliced, in a medium bowl with the **juice of 1 lime** and a pinch each of salt and **caster sugar**. Scrunch using your hands, then set aside. In another bowl combine **80g Japanese-style mayo**, **1/2-1 tsp wasabi** (to taste), **1 tsp white miso paste**, **1 tsp finely chopped coriander** and **1 pickled gherkin**, finely chopped. Shell **175g cooked king prawns**, if needed, then roughly chop half and leave the rest whole. Tip all the prawns into the mayo mixture, season and mix. Toast **2 large, thick slices of focaccia** in a dry pan over a medium heat, then spread over **1/2 tbsp plain mayo**. Spoon the prawn mayo over the base, then top with the cabbage, **50g salted potato stick crisps** and the other slice of focaccia. Cut in half to serve two. *Best served on the day but will keep chilled for 24 hrs.*

GOOD TO KNOW vit c

PER SERVING 810 kcs • fat 46g • saturates 6g • carbs 68g • sugars 6g • fibre 3g • protein 28g • salt 5.3g

Vegan meatball focaccia subs

SERVES 4 PREP 10 mins COOK 35 mins EASY V

Heat **2 tsp olive oil** in a large frying pan over a medium heat and brown **16 vegan meatballs**. Remove to a bowl. Heat 1 tbsp olive oil in the pan and fry **1 small red onion**, finely chopped, for 10-12 mins over a low heat until soft. Stir in **2 crushed garlic cloves** and cook for 1 min. Add a **400g can chopped tomatoes**. Cook for 5 mins, then return the meatballs to the pan and cook for 10-15 mins until the sauce has thickened and the meatballs are cooked. Stir in a **handful of torn basil**. Cut **2 focaccia loaves** into 8 slices by cutting each down the length, then through the middle. Spoon 4 meatballs over 4 slices along with some sauce. Scatter over grated **vegan hard cheese** and sandwich with the remaining slices. *Best served on the day but will keep chilled for 24 hrs.*

GOOD TO KNOW vegan • 1 of 5-a-day

PER SERVING 602 kcs • fat 21g • saturates 3g • carbs 73g • sugars 10g • fibre 4g • protein 29g • salt 3.2g

Ultimate prawn mayo sandwich



Vegan meatball focaccia subs

Smoky beetroot, feta & hummus focaccia with crunchy seeds



Spiced chicken & onion bhaji sandwich with tamarind mayo

Smoky beetroot, feta & hummus focaccia with crunchy seeds

SERVES 1 PREP 10 mins COOK 5 mins EASY V

Warm **1 slice of focaccia** in a low oven or the microwave. Meanwhile, heat a dry frying pan over a medium heat and toast **1 tbsp mixed seeds** with a pinch each of **smoked paprika** and salt until the seeds start to pop. Cool. Cut the focaccia in half through the middle and spread over **2-3 tbsp hummus**. Top the base with **2-4 pickled beetroot**, sliced (depending on their size), **25g feta**, crumbled, and a **handful of salad leaves** (such as a mixture containing baby beetroot leaves) dressed with a **drizzle of extra virgin olive oil** and **splash of lemon juice**. Gently press the sandwich top, hummus-side down, into the seeds so they stick, then sandwich it over the fillings. *Best served on the day but will keep chilled for 24 hrs.*

GOOD TO KNOW 2 of 5-a-day

PER SERVING 646 kcals • fat 30g • saturates 4g • carbs 69g • sugars 8g • fibre 5g • protein 22g • salt 3.4g

Spiced chicken & onion bhaji sandwich with tamarind mayo

SERVES 2 PREP 15 mins plus overnight marinating COOK 25 mins EASY

Combine **125g low-fat Greek-style yogurt**, **1 tsp salt**, **2 tbsp tandoori paste**, **1 tbsp sunflower oil** and **1 tsp lemon juice**. Stir in **2 large skinless, boneless chicken thighs**, cut into large chunks, to coat. Cover and chill overnight, or up to 24 hrs. Combine **60g mayo**, **1 tbsp tamarind paste** and **1 tsp finely chopped coriander**. Season. Combine **1 tbsp sunflower oil** and **2 tsp lemon juice**, season, then stir in **1 tbsp finely chopped coriander**, **1/4 small white cabbage**, finely shredded, **1/4 finely chopped cucumber** and **2 sliced tomatoes**. Break **1 large onion bhaji** into chunks and cook following pack instructions. Cook the chicken on a baking tray lined with foil under a hot grill for 8 mins. Turn and cook for 8-10 mins more until charred. Warm **2 large slices of focaccia** under a hot grill until golden. Spread the tamarind mayo over the bases, then top with the slaw, chicken, bhaji pieces and remaining focaccia. Cut in half. *Best served on the day but will keep chilled for 24 hrs. (The mayo, slaw and chicken will keep chilled for up to three days.)*

GOOD TO KNOW folate • fibre • vit c • 3 of 5-a-day

PER SERVING 901 kcals • fat 53g • saturates 6g • carbs 70g • sugars 20g • fibre 6g • protein 31g • salt 5.6g



save time



25 hacks you need to know

We share tricks and tips to make
life a little easier in the kitchen

freeze for ease



1

Keep **grapes** in the freezer for adding to your glass – they'll keep the drink nicely **chilled without diluting** it as ice would.

2

Portion out **sauces** or leftover **egg whites** in **sealed food bags**, then lay flat on your freezer shelf. Once frozen, you can stack or 'file' the pouches like books for easy access, and they'll defrost in no time.

3

Wrap **bottles** in **wet kitchen paper** and put in the **freezer** to chill them more rapidly. Just don't forget about them, as they can eventually explode!

4

Got **leftover cheese** from a cheese and grape night, and don't want to see it go to waste? **Pop it in the freezer** for up to **three months**.

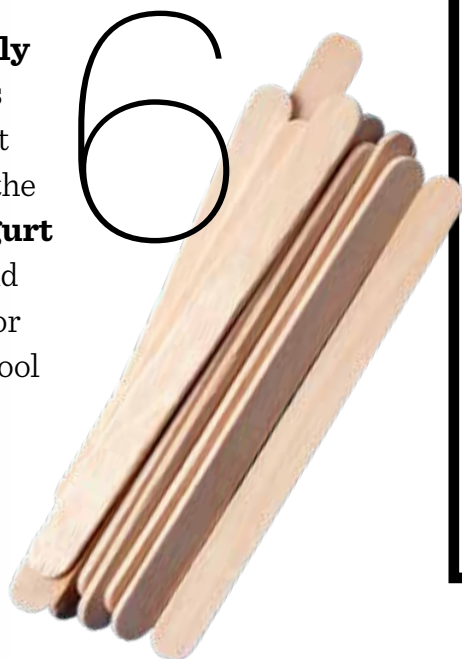




For an effortless breakfast or brunch, **freeze blocks of American pancake batter** in a large **ice cube tray**, adding berries, if you want. Pop the cubes out into a freezer bag – they can then be **cooked from frozen** in the same way as raw batter.



Stick **lolly sticks** straight through the lids of **yogurt pots** and freeze for after-school lollies.



bake well

Lightly **oil** a **measuring spoon** before using it to scoop **honey or treacle**, and watch it slide into your bowl, leaving no sticky residue behind.

7

If your **cookies** have **spread** too much when they come out of the oven, use a **pastry cutter** or **glass** larger than the cookies and **shuffle them inside it** to make them **perfectly round**. Leave to cool on the tray.

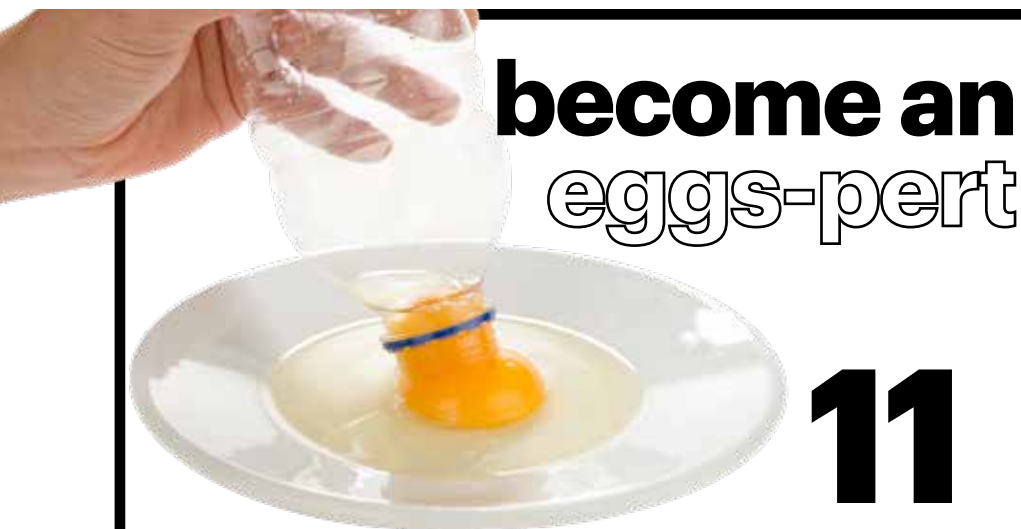


Scrunch up your **baking parchment**, then unwrap before lining a tart tin – this

9 makes the parchment more **pliable** and it will tuck into the corners of the tin much more easily.



To neatly **slice a sponge** into layers, wrap a piece of **thread** or **unscented dental floss** evenly around the circumference, then **pull the ends** tightly to cut through.



become an eggs-pert

11

To make separating eggs easier, crack an egg onto a **plate**. Get an **empty plastic water bottle**, **squeeze** it slightly, then put it **over the yolk**. Release the water bottle and it should suck up the yolk. You can then tip the yolk into a separate bowl and tip the whites into another.

12

Make **hard-boiled eggs** easier to peel – just add a little **vinegar** to the water when boiling.

The problem with **poached eggs** is the **wispy whites**. By cracking the egg into a **sieve** first, the **runnier white drains away** (and can be kept and frozen), then

13

the rest of the egg can quickly be tipped from the sieve straight into hot water.

14

To make a quick **meringue** for an **eton mess** (or to crumble over a dessert), mix **1 egg white** and **300g icing sugar** together until you have a thick paste, then roll into marble-sized balls and **microwave**, three at a time on parchment, on high for **90 seconds** until puffed up. Leave to cool and turn brittle.



useful utensils

20

Use a **vegetable peeler** to peel **cold butter** for easy spreading.

21

Use an **apple cutter** to cut **potatoes** into perfect wedges.

prep like a pro

15

When chopping **beetroot**, oil your board lightly using a **neutral oil** so it doesn't stain.

To get neat pieces of **kiwi**, halve it **crosswise**, then use a **teaspoon** to **scoop** the fruit out of the skin.

16

Store **unwaxed lemons** submerged in a jar of **water** in the fridge to **extend their shelf life** – trust us, it works! Lemons can last up to **four weeks** with this clever trick.



17



You can put any **strawberries** that are on the cusp of going bad in the **freezer**. Once solid, you can **finely grate them** over **lemon sorbet** or **strawberry ice cream** for a shaved snow-style dessert.

19

If you've run out of **eggs** when **breeding meat**, you can use **mayonnaise** or a mixture of **cornflour** and **water** instead.

22

Balance a **wooden spoon** over a pan of **boiling water** to keep it from boiling over. When bubbles hit the wood, they pop and fall, and rising steam condenses back into water.

To strip **herbs** without the faff, use a **box grater** – poke a stalk through one of the larger holes from the outside, then pull through from inside and the leaves should come off easily.

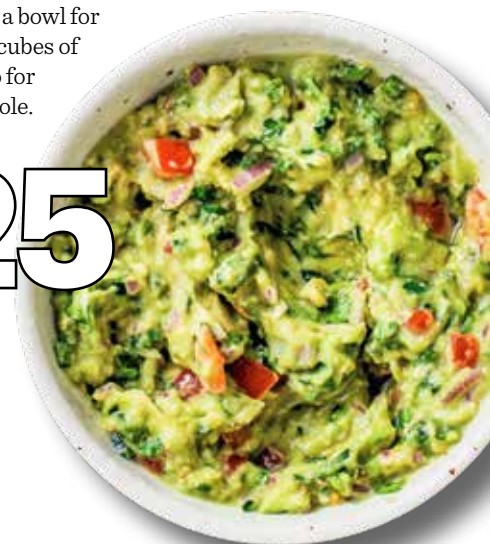
23

Push a halved and stoned ripe **avocado** through a **wire rack** set over a bowl for perfect cubes of avocado for guacamole.

25

24

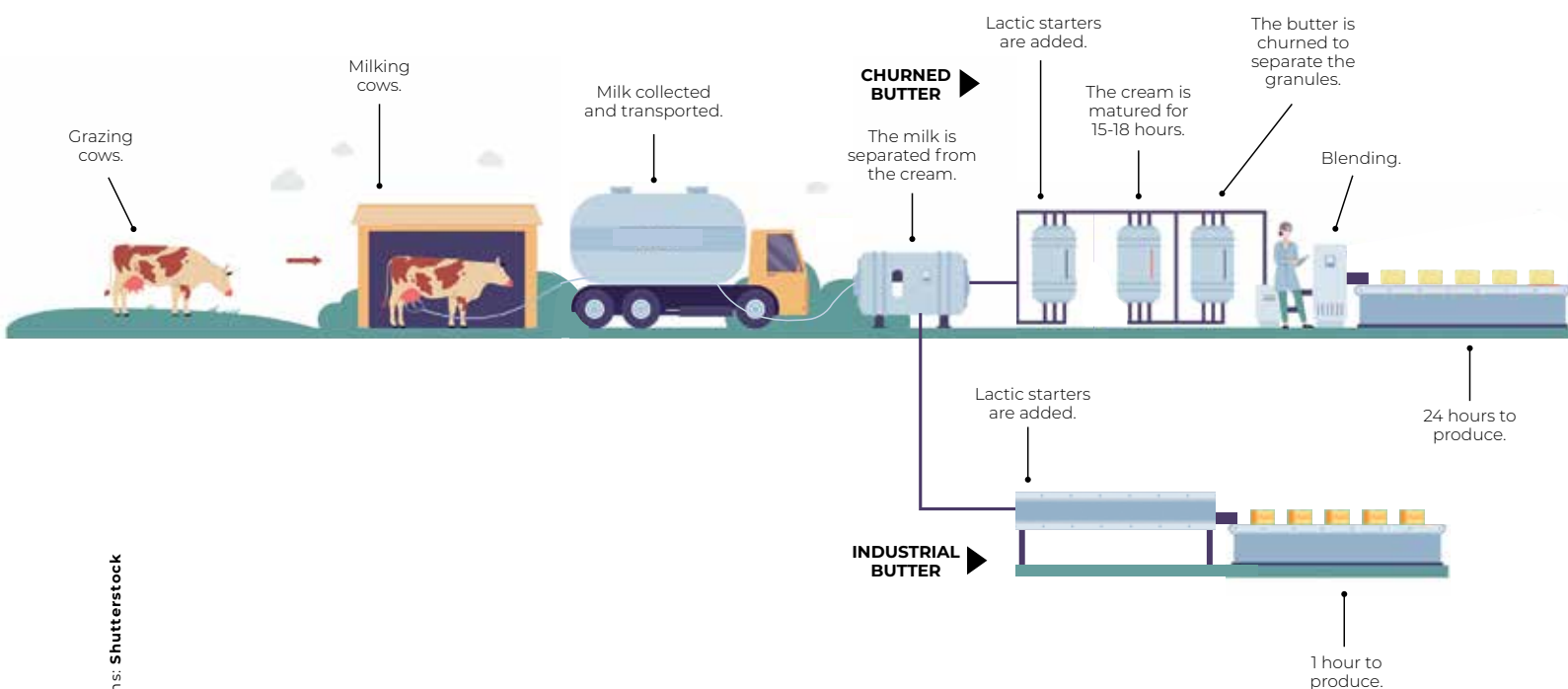
Clean an old **ketchup bottle** and fill it with **pancake batter**. You can then squeeze the batter into a hot frying pan to make pancakes. This helps you control the size and prevents dripping. You can also easily make shapes, if you like.



NATURALLY EUROPEAN
Put some color in your cooking with French butter.

Butter making process

What do you think of when someone mentions European food? When you think of food from Europe specially from France, words like 'gourmet', 'mouth-watering' and quality ingredients come to mind. One of these marvellous ingredients is butter. The perfect combination of terroir, climate and farmers' commitment equals high quality milk that results in the creation of these succulent sheets of gold.



Illustrations: Shutterstock



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38



Guest chef

let's bake p44



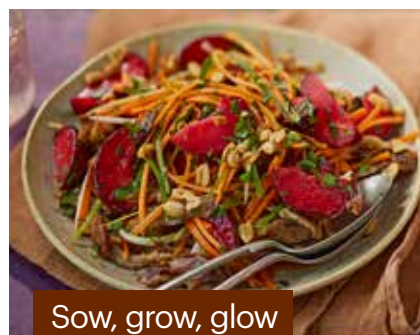
Tom Kerridge's

goat kofta p50



Make new

discoveries p54



Sow, grow, glow

abundant autumn p63

weekend

Mouthwatering dishes to dig into with your family and friends

Make your weekend memorable

In our new series, we invite you to reclaim your weekend and take some time out with recipes from **Esther Clark** that feel worthy of an occasion

photographs MYLES NEW

The
perfect
sharing
brunch



Italian roast chicken
cobb salad


Crackling roast pork
with beans, rosemary
& artichokes



Sunday
special

Italian roast chicken cobb salad

Revamp the classic American salad with Italian elements – creamy mozzarella, basil and olives. Perfect for sharing.

SERVES 4-6 PREP 20 mins plus resting COOK 1 hr 15 mins EASY 

1 lemon, halved
1 medium whole chicken (1.5kg)
2 garlic cloves
½ bunch of oregano, leaves picked and chopped
4 tbsp extra virgin olive oil
300g vine cherry tomatoes
10 thin slices pancetta
small bunch of basil, leaves picked
150g pitted olives
2 Little Gem lettuces, cut in half
4 eggs, soft-boiled for 7 mins, then peeled and halved
1 large ball of buffalo mozzarella
For the dressing
120ml extra virgin olive oil
1 heaped tbsp Dijon mustard
1 lemon, juiced
pinch of sugar

1 Heat the oven to 200C/180C fan/gas 6. Push the lemon halves into the cavity of the chicken. Using a pestle and mortar, bash together the garlic, oregano and some salt. Add half the olive oil and bash again. Push your fingers under the skin of the chicken breast and stuff the herby garlic mixture beneath. Season the outside of the chicken with more salt and rub the skin with the rest of the oil. Put in a roasting tin and roast for 1 hr, then add the tomatoes, leaving them on the vine, and roast for a further 15 mins. Leave to rest for 45 mins.


2 Meanwhile, heat the grill to high and grill the pancetta for 3-4 mins or until crispy. For the dressing, whisk all the ingredients together with a pinch of salt and sugar until slightly thickened.

3 Separate the chicken legs and thighs from the breast and thickly slice the breast. Arrange on a large platter with the tomatoes, pancetta, basil, olives, lettuce, eggs and whole mozzarella. Drizzle with the dressing and grind over some black pepper.

GOOD TO KNOW folate • 2 of 5-a-day • gluten free
PER SERVING 707 kcal • fat 57g • saturates 14g • carbs 4g • sugars 3g • fibre 3g • protein 44g • salt 2g

Crackling roast pork with beans, rosemary & artichokes

This pork is an easy Sunday lunch number that's served with hearty braised white beans instead of roasted veg, cutting down on your washing-up. The pork is prepped the night before to allow for a leisurely Sunday afternoon.

SERVES 6-8 PREP 15 mins plus overnight marinating COOK 3 hrs EASY 

2.2kg boneless pork shoulder
1½ tbsp sea salt flakes
1 tbsp fennel seeds
½ tsp chilli flakes
1 lemon, zested, ½ juiced
4 banana shallots, halved
300ml white wine
2 x 400g cans cannellini beans
3 rosemary sprigs
400g can artichokes, halved
1 low-salt chicken stock cube
wilted greens, to serve
olive oil, for drizzling

1 The night before cooking, score the skin of the pork using a sharp knife. Combine the salt, fennel seeds, chilli and lemon zest in a bowl, and rub over the pork using your hands, getting it into the cuts. Put in a roasting tin, cover and chill overnight.

2 Heat the oven to its highest setting for 30 mins, then roast the pork for 20 mins. Tip in the shallots and wine. Lower the heat to 180C/160C fan/gas 4 and cook for a further 2 hrs. Pour the liquid from the tin carefully into a saucepan. Turn the oven back up to its highest setting and cook for 30 mins more until the pork skin is crackled. For gently blushing pink pork, cook for another 5 mins – it can burn easily so keep an eye on it. Leave to rest, covered, for 30 mins.

3 Stir the beans, along with the liquid from the cans, into the pan with the reserved roasting juices. Add the rosemary and artichokes, then crumble in the stock cube and simmer, uncovered, for 15 mins.

4 Carve the pork and serve with the beans and greens, dressed with the lemon juice and olive oil.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (8) 571 kcal • fat 30g • saturates 10g • carbs 11g • sugars 3g • fibre 5g • protein 55g • salt 3.5g

Steak with jalapeño béarnaise & wedges

SERVES 2 PREP 15 mins COOK 1 hr MORE EFFORT

3 medium Maris Piper potatoes (about 800g)
3 tbsp olive oil
2 tsp chilli con carne seasoning
1 large 440g rib-eye steak or 2 x 220g rib-eye steaks
For the salad
3 large tomatoes, cut into chunks
1 green pepper, cut into chunks
1 banana shallot, finely chopped
2 limes, juiced
2 tbsp coriander, roughly chopped
For the béarnaise
90g unsalted butter, cubed
2 egg yolks (freeze the whites for another recipe)
2 tbsp pickled jalapeños, finely chopped, plus 1 tsp of the brine
½ banana shallot, finely chopped
2 tbsp finely chopped coriander

1 Cut each potato into eight wedges, then boil in lightly salted water for 7 mins. Drain and leave to steam-dry. Heat the oven to 200C/180C fan/gas 6. Pour 2 tbsp of the oil into a large baking tray and put in the oven. Shake the potatoes to rough up the edges, gently tip into the hot oil and roast for 30 mins. Toss with the seasoning and roast for 10 mins.

2 Make the salad by combining all the ingredients with a pinch of salt.

3 Heat the remaining 1 tbsp oil in a frying pan over a high heat. Season the steak, then fry for 2-3 mins on each side. Leave to rest for 10 mins, then slice.

4 For the béarnaise, melt the butter in the microwave or small pan over a low heat and set aside. Pour a 5cm depth of water into a small pan and bring to a simmer. Sit a bowl over the pan, ensuring the bowl doesn't touch the water. Tip in the egg yolks and brine and whisk using an electric whisk until aerated. Slowly drizzle in the butter, whisking constantly, until fully incorporated (don't let the water get too hot). Take off the heat and mix in the pickles, shallot and coriander. Serve poured over the steak, with the wedges and salad on the side.

GOOD TO KNOW folate • fibre • vit c • iron •
3 of 5-a-day
PER SERVING 1,227 kcal • fat 77g • saturates 36g • carbs 72g • sugars 14g • fibre 11g • protein 55g • salt 1.8g

Friday
night
treat





Relaxing
weekend
project

Baklava sticky buns

These sticky buns are inspired by one of my favourite sweet treats – Turkish baklava. The filling is richly spiced and filled with pistachios, walnuts and orange. The buns are baked until light and squishy before being soaked in a honey syrup. Make the dough on Friday night and finish them off the next morning for ease.

MAKES 12 PREP 2 hrs plus
at least 1 hr 30 mins rising
COOK 45 mins MORE EFFORT V

500g strong white bread flour,
plus extra for dusting
7g sachet fast-action dried yeast
3 tbsp light brown soft sugar
320ml whole milk
70g unsalted butter
a little oil, for rising

For the filling

100g butter, softened
3 tbsp light brown soft sugar
2 large oranges, zested
130g walnuts

130g pistachios
2 tsp ground cinnamon
pinch of ground allspice

For the honey syrup

100g light brown soft sugar
100g honey
1 tbsp orange juice

1 Combine the flour, yeast, sugar and $\frac{1}{2}$ tsp fine salt in a large bowl. Heat the milk and butter in a small pan over a low heat, swirling the pan regularly until beginning to steam. Pour into a bowl and set aside to cool to room temperature.

2 Make a well in the dry ingredients, then pour in the milk and butter mixture. Swiftly combine using a spoon, then turn out on to a floured surface and knead the dough for 10 mins. Or, do this in a stand mixer using the dough hook for 7 mins. Transfer to a lightly oiled bowl, cover and leave in a warm place to double in size for at least 1 hr. Alternatively, for the best flavour, leave the dough to rise in the fridge overnight.

3 For the filling, use a wooden spoon to beat together the butter, sugar and orange zest. Finely chop the walnuts and 100g of the pistachios – by hand or in a food processor. Mix into the butter mixture along with the cinnamon, allspice and $\frac{1}{4}$ tsp fine sea salt.

4 Tip the dough onto a lightly floured surface, shape into a rough rectangle, then roll out until it's about 45 x 35cm. Spread the cinnamon nut butter over the dough, all the way out to the edges. Working from one of the longer sides, roll the dough up as tightly as you can into a sausage shape. Cut into 12 equal pieces. (You can mark with a ruler at around 3.5-4cm per bun, then cut with a piece of dental floss, thread or sharp knife.) Line a large 20 x 30cm baking tray or tin with baking parchment.

5 Arrange the buns, cut-side up, in the tray. Make sure the tails of the buns (where the dough opens) are tucked in so they don't unfurl when baked. Leave some space around each bun, as they will expand. Cover loosely and leave to rise for 30-45 mins (depending on how warm your kitchen is) until the buns are puffed up and touching at the sides. Heat the oven to 200C/180C fan/gas 6. Bake for 30 mins, or until golden and risen.

6 Meanwhile, make the syrup. Put the sugar and honey in a small pan, simmer for 5 mins, then remove from the heat. Leave to cool, then stir in the orange juice. Take the buns out of the oven, immediately pour over the syrup and leave to cool.

7 Finely chop the remaining pistachios and sprinkle over the buns in little mounds – just as is done on baklava. Serve warm. *Will keep in an airtight container for three days. Warm briefly in the oven before eating.*

PER SERVING 514 kcs • fat 26g • saturates 10g •
carbs 59g • sugars 26g • fibre 3g • protein 10g •
salt 0.5g



Guest chef let's bake

Fill your cake tin and always be ready for guests with these crowd-pleasing recipes from food writer **Liberty Mendez**

photographs LIZZIE MAYSON



Liberty Mendez is a classically trained chef and freelance food writer and stylist, specialising in sweet treats and baking. She was previously a recipe developer at BBC Good Food and pastry chef at the House of Commons. [@bakingtheliberty](#)

Salted flapjack brownie tart



Salted flapjack brownie tart

This flapjack brownie tart is deliciously buttery, sweet, salty and toasty. The brown butter flapjack case is filled with a rich chocolate brownie filling and topped with flaky sea salt. It's one of my all-time favourite recipes.

SERVES 8-10 PREP 35 mins plus cooling and overnight chilling
COOK 40 mins EASY V

For the flapjack

100g salted butter
100g dark brown soft sugar
25g golden syrup
200g porridge oats

For the brownie

90g salted butter, cubed
90g dark chocolate, roughly chopped
2 eggs
150g caster sugar
40g plain flour
25g unsweetened cocoa powder
50g white chocolate, chopped into chunks
1 tsp sea salt flakes

1 Heat the oven to 180C/160C fan/gas 4. Line the base of an 18cm loose-bottomed round cake tin (about 3.5cm deep) with baking parchment. (If you don't have a loose-bottomed tin, put two long strips of parchment across the tin, crossing over on either side so the tart is easier to lift out later.) For the flapjack, melt the butter, brown sugar and syrup in a saucepan over a low heat, then pour in the oats and mix until combined. Tip into the lined tin and, using the back of a spoon, push the flapjack mixture into the base and up the side of the tin until evenly spread (if it's sticking to the spoon, dampen the spoon). Bake for 10 mins until golden, then leave to cool until needed.

2 Meanwhile, make the brownie. Melt the butter and dark chocolate together in a heatproof bowl. You can do this in the microwave on medium in 20-second bursts for about 1 min 30 seconds, stirring after every burst until melted, or over a small pan of simmering water (make sure the bowl doesn't

touch the water), stirring until melted. Set aside to cool slightly.

3 Whisk the eggs and caster sugar together using a stand mixer or in a bowl using an electric whisk for 5 mins until the mixture is thick, pale and has doubled in size.

4 Gently fold the cooled, melted chocolate mixture into the egg mixture until combined. Fold in the flour, cocoa powder and white chocolate chunks until combined. Pour into the flapjack case, sprinkle over the sea salt flakes, then bake for 22-28 mins, or until it has a slight wobble in the centre but is set around the edge. Leave to cool completely in the tin. Once cool, you can refrigerate it overnight to set further, if you like. Serve in slices. *Will keep for in an airtight container in the fridge for up to four days.*

PER SERVING (10) 445 kcs • fat 24g • saturates 14g • carbs 49g • sugars 32g • fibre 3g • protein 6g • salt 1g

Roasted pineapple & passion fruit cake

We all need a bit of sunshine in our life, and the addition of pineapple and passion fruit to this bright and zingy cake makes it taste like summer. Try it for a garden party or sliced for a cute afternoon tea.

SERVES 8 PREP 20 mins plus cooling
COOK 1 hr 30 mins EASY V

200g unsalted butter, softened, plus extra for the tin
400g fresh or canned pineapple
200g caster sugar
3 eggs
200g self-raising flour
1 tsp vanilla extract
2 tbsp milk
For the icing
150g unsalted butter, softened
300g icing sugar, sifted
2 large passion fruit, halved and pulp scooped out

1 Heat the oven to 180C/160C fan/gas 4. Butter a 900g loaf tin and line with baking parchment (or use a loaf tin liner). Chop the pineapple – if using fresh, peel using a serrated knife, cut out the core and dice; if using canned, drain well and dice. Put the pineapple flesh on a baking sheet in a single layer and roast for 20 mins, turning halfway through until it turns slightly golden and dries out slightly. Transfer to a plate and leave to cool.

2 Beat the butter and caster sugar together in a large bowl or stand mixer for about 4 mins until soft, light and fluffy. Gradually beat in the eggs until smooth (don't worry if it curdles at this point, it'll come together when you add the flour). Fold in the flour and vanilla until the mix is smooth, loosening it by mixing in the milk. Mix in most of the roasted pineapple chunks, reserving 2 tbsp for decorating.

3 Transfer the mixture to the tin and level the surface. Bake for 1 hr

10 mins-1 hr 15 mins until golden and a skewer inserted into the centre comes out clean (cover with foil if it's colouring too much towards the end of baking). Leave to cool in the tin for 30 mins, then turn out onto a wire rack and leave to cool completely.

4 For the icing, beat the butter, icing sugar and the pulp from 1½ passion fruit together in the bowl of a stand mixer or a large bowl using an electric whisk for about 5 mins until pale and fluffy, adding 1 tbsp hot water to loosen. You can either spread the icing over the top of the cake, or put it in a piping bag fitted with an open star nozzle and pipe in rows over the cake. Top with the remaining roast pineapple pieces and passion fruit pulp. *Will keep in an airtight container for up to four days.*

PER SERVING 623 kcs • fat 38g • saturates 23g • carbs 62g • sugars 43g • fibre 2g • protein 6g • salt 0.4g





Mocha chocolate chip cookies

These cookies taste like a coffee cake, but in gooey, chewy cookie form, with chunks of chocolate. I can't tell you how delicious they are – the best thing is that you can freeze the dough and have cookies whenever you want.

MAKES 18-20 PREP 20 mins plus cooling COOK 12 mins EASY V

125g unsalted butter, softened
175g light brown soft sugar
100g caster sugar
½ tsp sea salt flakes, plus extra to serve (optional)
1 egg (about 55g – if it's less, make up the quantity with water)
2 tbsp coffee granules, mixed with 2 tbsp boiling water or 2 tbsp espresso and cooled

1 tsp vanilla bean paste (optional)
300g plain flour
½ tsp baking powder
200g dark chocolate, chopped into chunks, or use chocolate chips

1 Heat the oven to 190C/170C fan/gas 5 and line two large baking trays with baking parchment or a silicone mat. Beat the butter, both sugars and sea salt flakes together in a large bowl with an electric whisk for 4-5 mins until creamy, pale and smooth (or beat by hand with a wooden spoon). Beat in the egg, coffee and vanilla, and mix again (don't worry if it looks split at this stage). Tip in the flour and baking powder, and mix until thick and pliable. Fold in the dark chocolate.
2 Roll 50g of the mixture (you can weigh each for accuracy, or weigh one and eyeball the rest) into a ball.

Repeat with the rest of the dough. Arrange on the prepared baking trays, leaving about 6cm space between them. Gently press each cookie down with the palm of your hand until they're around 1cm thick, then sprinkle with a few sea salt flakes. *Will keep covered and chilled for up to a week, or frozen for up to three months.*
3 Bake for 10-12 mins until golden brown (or 12-14 mins if chilled, or 13-15 mins from frozen). Leave to cool slightly on the trays, then transfer to a wire rack to cool completely. Sprinkle over more sea salt flakes, if you like. *Will keep in an airtight container for up to four days.*

PER SERVING (20) 159 kcal • fat 6g • saturates 3g • carbs 25g • sugars 14g • fibre 1g • protein 2g • salt 0.2g



Recipes are extracted from *I'll Bake!* by Liberty Mendez and not retested by us.

The logo for 'simply kitchen' is located at the top center. It consists of the word 'simply' in red and 'kitchen' in black, both in a lowercase sans-serif font, enclosed within a white oval with a red border.

simply
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Simply Kitchen Stores



[simplykitchenstores](https://www.instagram.com/simplykitchenstores)



Tom Kerridge's goat kofta

Kick-off barbecue season with this underrated meat

photographs HANNAH TAYLOR-EDDINGTON

There is a long list of ingredients that, as a chef, I use in my restaurants, but that aren't so popular in the home. From a sustainability point of view, it's better to eat a wider variety to take the pressure off the same species everyone goes for. In the vegetable world, increasing the variety you eat makes sense from a health perspective, too, and the broader your ingredients, the more interesting your food will be.

Cuttlefish, squid, cockles, hake and pollock all deserve more recognition, and I don't understand why we don't eat more goat, or why it's not more readily available. So, if you've never tried it before or, like me, you're already converted, my barbecued kofta are a great way to showcase the most flavour-packed meat on the market.



My barbecued kofta are a great way to showcase the most flavour-packed meat on the market



Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow, and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at bbcgoodfood.com/podcast.

🐦 📷 @ChefTomKerridge

Reclaim your
weekend
Cook outdoors



BBQ goat kofta

I like to fry the onion, garlic and spices before adding them to the mince. This way, you don't end up with raw onion flavour in your cooked kofta.

SERVES 6 PREP 40 mins
plus at least 1 hr chilling
COOK 25 mins EASY

3 tbsp olive oil
2 small or 1 large onion,
finely chopped
2 tsp each ground cumin, ground
coriander and ras el hanout
5 garlic cloves, minced or grated
800g goat mince, or lamb mince
if you can't find goat
1 lemon, zested and cut into wedges
bunch of coriander, finely chopped
2 tsp mint sauce (optional)
cumin flatbreads, fennel slaw and
yogurt, to serve (see right)

1 Heat the oil in a frying pan and fry the onion for 8-10 mins over a medium heat until softened and starting to turn golden. Stir in the spices, lots of ground black pepper and the garlic, cook for 2 mins more, then turn off the heat and leave to cool completely.

2 Scrape the cooled onion mixture into a large bowl with the mince,

lemon zest, most of the coriander and mint sauce, if using. Season generously with salt and scrunch everything together with your hands until fully combined. Fry a small ball of the mixture to taste for seasoning, then divide the rest of the mixture into 12. Roll each piece into a rough sausage shape, put on a tray or platter, then cover and chill for at least 1 hr to firm up. *Will keep chilled for up to a day.*

3 Light the barbecue and wait until the coals are ashen or heat a gas barbecue on high. Barbecue the kofta for 10-12 mins, turning every now and then using tongs, until charred and just cooked all the way through. They should brown and form a crust on one side before being turned. Alternatively, cook in an air-fryer at 200C in a single layer for 6 mins on one side, then turn and cook for 8 mins more until browned. Serve scattered with the rest of the coriander, alongside flatbreads, slaw and dressing (see recipes, right) for everyone to assemble their own wrap.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 618 kcs • fat 27g • saturates 9g • carbs 50g • sugars 10g • fibre 7g • protein 40g • salt 1.4g

5 more ideas

•Fennel slaw

Finely shred a **bulb of fennel**, $\frac{1}{4}$ **white cabbage**, **1 small red onion** and **1 green chilli**. Toss with a large pinch of salt and the **juice of 1 lemon**, then drizzle over **2 tbsp olive oil** and scatter with a **handful of mint leaves** and some **pomegranate seeds**.

•Yogurt dressing

Mix **6 tbsp of Greek yogurt** with 4 tbsp of water, **1 minced garlic clove** and $\frac{1}{2}$ **tsp turmeric** and season with salt and pepper.

•Easy cumin flatbreads

Mix **300g self-raising flour** with **300g plain or Greek-style yogurt**, **2 tbsp olive oil** and $\frac{1}{2}$ **tsp salt** in a bowl

until you have a sticky dough. Cover and leave for 30 mins. On a floured surface, divide the dough into 6 and roll each piece into a rough round, sprinkling with **cumin seeds** as you roll. Cook on the barbecue for 2-3 mins each side until charred and puffed up.

•Spicy goat burgers

Shape the goat mince mixture into 6 burgers. Cook on the barbecue and serve in burger buns with slaw.

•Quick goat tagine

Halve the mince quantity and roll the mixture into balls. Fry for 8 mins until browned, add **2 cans of chopped tomatoes** and simmer gently for 15-20 mins.

**I cook
I see
I listen
I answer
I learn**



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MANUFACTURING**



Make new discoveries

Take a culinary trip with us, sourcing ingredients from around the world and finding ideas for how to use them

photographs MYLES NEW

Elote

This is a popular street food from Mexico – corn on the cob that's grilled and slathered in mayo, cheese, chilli and lime. I had this for the first time from a street vendor in Playa del Carmen in Mexico; I can still taste the sweet, spicy, fresh flavours on my tongue. It's such a simple concept that packs in so many bursts of flavour, tingling almost every tastebud in your mouth. Charring the corn concentrates the sweetness, but also provides a lovely smokiness that contrasts beautifully with the zingy lime and salty cheese.

Crystelle Pereira

Elote-inspired pasta salad

This isn't your average pasta salad – it's inspired by one of my favourite food discoveries, elote. It's perfect for barbecues, picnics or a great lunch – and every bite transports me back to Mexico. This recipe is by no means traditional – we're using feta instead of cotija cheese, as this is much more accessible and lends a similar salty flavour to the original. Spring onions are also not typical, but they bring some freshness to the salad.

SERVES 4-6 PREP 15 mins

COOK 15 mins EASY V

200g pasta (we used spirali)
3 tsp olive oil
2 x 325g cans sweetcorn, drained, or around 500g sweetcorn (see tip, right)
6 spring onions, finely sliced
large bunch of coriander (about 40g), finely chopped, plus extra to serve
200g feta (vegetarian, if needed)
130g mayonnaise
3 limes, juiced
2 tsp chilli powder, plus extra to serve

1 Cook the pasta in heavily salted water following pack instructions. Drain, drizzle in 1 tsp olive oil and set aside.

2 Heat the remaining oil in a cast-iron skillet or frying pan over a high heat. Fry the sweetcorn with $\frac{1}{2}$ tsp salt for 7-10 mins until slightly charred, then remove from the heat and set aside to cool, about 15 mins.

3 Reserve a handful of corn to serve, and tip the rest into a large serving bowl along with the cooked pasta, spring onions and most of the coriander. Crumble in the feta, reserving a handful to serve, and mix well to combine.

4 To make the dressing, combine the mayonnaise, lime juice, chilli powder and $\frac{1}{2}$ tsp salt in a small bowl. Pour all over the pasta salad and toss well until everything is evenly coated. Scatter over the remaining feta, corn, coriander and an extra pinch of chilli.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING (6) 449 kJ • fat 27g • saturates 6g • carbs 38g • sugars 9g • fibre 5g • protein 12g • salt 1.9g

gf tip

If using corn on the cob, brush the corn with olive oil and cook on a griddle pan over a medium-high heat for about 12 mins, turning every couple of minutes until charred and tender. Leave to cool a little, then use a sharp knife to slice off the kernels and proceed to make the rest of the salad from step 3, but add another $\frac{1}{2}$ tsp salt to the dressing.





Padron peppers

I've long-enjoyed padron peppers, on trips to Spain and at tapas bars closer to home. They seem to be increasingly available in supermarkets, so I've recently begun cooking them at home, too.

Ed Smith

Padron peppers on ricotta toast

This is an extension of classic blistered and salted padron peppers. It makes a super-quick, simple and satisfying lunch or evening snack.

SERVES 2 PREP 5 mins

COOK 8 mins EASY V

2½ tbsp extra virgin olive oil
¼ lemon, juiced and zested
¼ tsp Aleppo pepper flakes
pinch of sweet smoked paprika
¼ tsp caster sugar
2 tbsp ricotta
2 slices sourdough, toasted
130-150g padron peppers,
stalks trimmed

- 1** Whisk 2 tbsp olive oil, the lemon juice and zest, the pepper flakes, paprika, sugar and a generous pinch of salt together in a bowl.
- 2** Spread the ricotta over the toast.
- 3** Heat a heavy-bottomed frying pan (large enough to fit the peppers in one layer) over a high heat. Add ½ tbsp olive oil and, after about 20 seconds, the peppers. Cook until well blistered and shrinking, about 3 mins, shaking the pan every now and then.
- 4** Transfer the hot peppers to the dressing, toss, then spoon over the toast. Pour any remaining dressing over the top and serve straightaway.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 371 kcal • fat 19g • saturates 4g •
carbs 38g • sugars 5g • fibre 4g • protein 11g •
salt 1.2g





Pandan

I may be late to the party, but I recently discovered the joys of pandan chiffon cake on a whistlestop trip to Singapore. I ate more than I'd like to admit in the five days I was there and haven't been able to stop thinking about it since. If you haven't heard of or tried pandan before, it's a vibrant green, leafy plant, widely used to flavour sweet and savoury dishes in Indonesia, Malaysia, China, Singapore and many other Asian cuisines. It has subtle notes of coconut, vanilla and rose and, when used as an extract, it gives a beautiful green tinge to the food. You can buy pandan extract online or in Asian food shops.

Cassie Best

Pandan chiffon cake

Chiffon cakes get their fluffy, bouncy texture from the air bubbles trapped in the sponge – created when whisking the eggs. You'll need a special chiffon cake tin to make this recipe and the method may seem a little unusual if you haven't made this style of cake before – it requires tipping the cake upside-down while cooling to preserve the precious bubbles. If you stick to this, you'll be rewarded with the most delicious, moreish treat.

SERVES 8-10 PREP 15 mins plus cooling COOK 30 mins
MORE EFFORT V

140ml vegetable oil, plus extra for the tin
6 eggs, separated
200g caster sugar
140ml coconut milk (see tip, below)
1 tbsp pandan extract
200g self-raising flour
1 tbsp icing sugar, for dusting

1 Heat the oven to 200C/180C fan/gas 6 and oil the base of a 23cm chiffon cake tin. It's important not to oil the sides, as the cake mixture will cling to them as it rises. This prevents the air bubbles collapsing, giving the cake its bouncy texture. Whisk the egg yolks and half the caster sugar together in a large bowl with an electric whisk until the mixture becomes light and creamy, about 3 mins. Mix in the vegetable oil, coconut milk and the pandan extract, until combined.

2 Clean the beaters, then beat the egg whites in a separate bowl until soft peaks form, about 3 mins. Gradually add the remaining caster sugar, a spoonful at a time, while beating until the egg whites are stiff and shiny, about 3 mins.

3 Sift the flour and $\frac{1}{4}$ tsp salt into the egg yolk mixture. Gently fold together using a large metal spoon until just combined, being careful not to overmix – you want to keep as much air in the batter as possible.

4 Using the metal spoon, gently fold roughly a third of the beaten egg whites into the cake batter to loosen

it. Fold in the remaining egg whites until no streaks remain, making sure you don't overmix. Pour the batter into the prepared cake tin. Bake on the middle shelf for 30 mins, or until golden brown. Insert a skewer into the centre of the cake, if it comes out clean, the cake is cooked; if not, return to the oven for another 5 mins then check again.

5 Remove the cake from the oven and immediately invert the tin onto a cooling rack. Leave to cool completely in the tin upside-down. This helps prevent the cake from collapsing. Carefully remove it from the tin by running a knife around the edges. Transfer the cake to a serving plate and dust with icing sugar. *Will keep in an airtight container for three days.*

PER SERVING (10) 354 kcal • fat 20g • saturates 4g • carbs 37g • sugars 22g • fibre 1g • protein 6g • salt 0.5g

gf tip

If the coconut milk has separated in the can, blitz it using a hand blender until smooth before using in the cake.

Shoot directors RACHEL BAYLY AND FREDDIE STEWART | Food stylist KATIE MARSHALL
Stylist LUIS PERAL



Reclaim your
weekend
Take it to the
next level

chicken kiev

Discover our foolproof method to achieving a crisp breadcrumb coating and rich, melting middle

recipe BARNEY DESMAZERY *photograph* MYLES NEW

WHY

With shop-bought kiev, processed chicken is moulded around the butter, so there's less chance of it leaking in the oven. The process is a little more difficult at home, but we've risen to the challenge, because fresh chicken will always have a better texture and flavour than processed. We guarantee an extra-crisp coating, too, using a surprise ingredient.

SERVES 4 PREP 1 hr
COOK 20 mins
MORE EFFORT

WHAT TO BUY

4 large boneless, skinless chicken breasts
3 eggs, beaten
100ml milk
100g plain flour
large pinch of paprika or cayenne pepper
100g panko breadcrumbs
sunflower oil, for frying
For the garlic butter
3 garlic cloves, chopped
small bunch of parsley, finely chopped
small handful of tarragon leaves, finely chopped
100g butter, softened
¼ lemon, zested and juiced

LEMONY LIFT

Balance the rich, buttery filling using lemon zest along with a squeeze of juice.



TENDER CHICKEN

To ensure the butter is completely encased and the meat stays tender, lightly bash the chicken out into an even layer before rolling.

FRESH FILLING

The garlic butter is heady with parsley and tarragon.

TIME TO CHILL

The butter filling must be cold when it goes into the pan. This way, it will take longer to melt, so there's less chance of it escaping.

CRISP IT UP

Dipping the chicken in milk before rolling it in the flour, egg and breadcrumbs, ensures a thicker coating for a crisp finish every time.

THE BEST BREADCRUMBS

You can make your own breadcrumbs, or use Japanese panko to help ensure a crunchy coating (readily available in supermarkets).

NO LEAKS

Tightly roll the chicken around the garlic butter to prevent leaking, then add an extra layer of security by pinning the kiev's with cocktail skewers.

HOW TO MAKE IT

1 Tip all the garlic butter ingredients into a bowl, then season and mash with a fork until fully combined. Spoon into a piping bag (or food bag with a corner cut off) and pipe four thick lines of the butter over a small tray lined with baking parchment. Chill until firm, about 1 hr in the fridge or 30 mins in the freezer. *Will keep chilled for up to three days.*

2 Working with one chicken breast at a time, put on a board, smooth-side down, cover with a sheet of baking parchment and use a kitchen mallet or rolling pin to gently bash to an even thickness of about 1/2cm. Lightly brush the edges of the chicken with some of the beaten egg, then lay a piece of butter in the centre. Fold one end of the chicken up over the butter and roll tightly to enclose. Secure the ends and middle using cocktail sticks.

3 Pour the milk into a shallow dish and season. Tip the flour and paprika into a second dish, stir to combine, then pour the remaining beaten egg into a third and the breadcrumbs into a fourth. Coat the kiev's in the milk, then the flour, egg and finally the breadcrumbs, turning to ensure they're fully coated. Set aside on a plate and chill for 1 hr to ensure the butter stays firm, or until needed. *Will keep chilled for a day.*

4 Heat the oven to 200C/180C fan/gas 6. Heat a 4cm depth of oil in a frying pan until a pinch of breadcrumbs quickly turns golden. Fry the kiev's for about 10 mins, turning with a slotted spoon until golden and crisp. Drain on kitchen paper, then transfer to a baking tray and cook in the oven for 8-10 mins until cooked through. Remove the cocktail sticks and serve.

PER SERVING 648 kcals • fat 36g • saturates 16g • carbs 34g • sugars 1g • fibre 2g • protein 46g • salt 1.2g



THE *ultimate peak*

Want to learn how to reach the peak with European especially French Cream? When whipping cream, it's only natural to want to get the best peak! But what does that actually mean?

Making whipped cream requires heavy cream and chefs usually add sugar and vanilla extract as well. A tip for making this is to ensure that everything – from the equipment used to all the ingredients – is chilled. **Chef Mohamad Chabchoul** agrees that the cold is your friend. He says, “One of the tricks is that the containers you whip the cream in should be in the freezer or placed on ice. That helps in getting stiff peaks.”

Once the process begins, peaks appear in various stages and it's up to the chef to decide what they want. By looking at their degree of firmness, shape and structure, chefs know which stage of the process they are in – and can stop depending on what they want from the cream.

Chef Carmen Hernández says, “The good thing with cream is that it's a very versatile ingredient.”

If you want to use cream as a base for a ganache you don't need to whip it more than you need to. For a mousse,

for example, I love to make it with ‘soft peak’ cream, because it still gives volume without being stiff.”

What's essential to note is that because the quality dairy cream has at least 30% of fat, the resulting textures last longer – even if it takes more time to get there.

“Perhaps equally important, the fat in dairy cream makes it taste absolutely delicious and it's a great source of protein.”

In today's era of the more informed and educated customer, there is always a need for more natural and traditional ingredients such as soy, emulsifiers or stabilizers that are not tampered with.

It's all in the details **Chef Mohamad Orfali** says. “It's important to understand the brand, to understand the fat content and then think about how to use the cream. Give it time, and pay attention to the details.”

“Chefs who truly care about quality ingredients always prefer pure dairy cream since there are no added elements.”



Sow, grow, glow: *abundant autumn*

**SOW
grow
glow**

Use new season plums to complement duck, put a nutty twist on pear crumble and turn apple pie into a bite-sized snack. Plus, **Ingrid Chiu** of BBC Gardeners' World offers advice on how to grow your own ingredients

recipes SAMUEL GOLDSMITH & HELENA BUSIAKIEWICZ

photographs HANNAH TAYLOR-EDDINGTON

THE BENEFITS OF GROWING YOUR OWN

Discover the satisfaction of nurturing produce from seed to plant, then turning your homegrown harvest into something delicious. As well as lowering your shopping bills, garden-fresh fruit and veg is more nutrient-rich than shop-bought, and only picking what you need reduces waste. Plus, being outdoors or losing yourself in a kitchen project can improve your sense of well-being. ►



You can find out more at:
bbcgoodfoodme.com

Pear, pecan & caramel crumble

SERVES 6-8 **PREP 20 mins**
COOK 1 hr **EASY** **V**

6 pears, peeled and sliced into
6 or 8 wedges
3 tbsp caramel or salted
caramel sauce (see tip below)
1 tsp vanilla bean paste
220g plain flour
140g cold butter, cut into cubes
50g light brown soft sugar
100g pecans, chopped
custard, to serve

1 Heat the oven to 200C/180C fan/
gas 6. Put the pears in a medium
baking dish and toss with the caramel
sauce, vanilla bean paste and 1 tbsp
water to coat.

2 Put the flour, butter and sugar
in a food processor and blitz to a
crumb-like texture. Tip into a bowl
and stir through the pecans. Scatter
the mixture over the pears. Bake for
45 mins-1 hr until the crumble
topping is crisp and the pears are
tender. Serve warm with custard.

PER SERVING (8) 432 kcal • fat 26g • saturates 11g •
carbs 43g • sugars 22g • fibre 5g • protein 5g •
salt 0.5g

SOW AND GROW

plan ahead

- For best results, grow pear trees against a south-facing wall or fence, where they'll be protected from frost. Soil should be well drained and tending towards acidic, with a pH of 6.5. Pear trees can be grown standalone if space allows, or trained as espaliers or cordons.
- Like apple trees, many varieties of pear rely on a pollinating partner from the same group. It is therefore best to plant two pear trees to ensure they pollinate successfully and encourage healthy cropping.

gf tip

If you're using
caramel sauce
rather than salted
caramel, add a small
pinch of fine sea salt
or salted butter to
the crumble.

Lime & paprika corn ribs

SERVES 6 as a starter or side
PREP 15 mins **COOK** 20 mins
MORE EFFORT V

6 corn cobs
 2 tbsp all-purpose seasoning
 ½ tbsp smoked hot paprika
 1 tbsp onion granules
 1 tbsp brown sugar
 vegetable oil, for deep-frying
 1 lime, zested and juiced
 150ml soured cream

1 Secure a chopping board by putting it on top of a board stopper or damp dishcloth. Put a tea towel on top of the board and, working with one corn cob at a time, hold the cob vertically upright with one hand to keep it from slipping. Use a large, sharp knife to slice the cob vertically in half. Lay each half cut-side down and slice in half again vertically. Cut in half again

horizontally. Repeat with the remaining cobs. Mix the spices with the brown sugar and 1 tbsp sea salt in a small bowl and set aside. **2** Fill a large, deep pan no more than a third full with oil and heat to 180C, or until a cube of bread turns golden in 30 seconds. Carefully lower half the corn ribs into the oil and fry for 5-6 mins until golden at the edges and starting to curl. Drain on a wire rack set over a tray, then transfer to a large bowl. Repeat with the second batch of corn ribs.

3 Toss the ribs with the lime zest, most of the juice and 2-3 tbsp of the seasoning mix. Tip onto a large plate and sprinkle over more seasoning. Make a dipping sauce by mixing 1½ tbsp of the seasoning mix with the soured cream and a squeeze of lime. *The rest of the spice mix will keep in an airtight container for two weeks.*

GOOD TO KNOW 1 of 5-a-day
PER SERVING 181 kcal • fat 13g • saturates 4g •
 carbs 11g • sugars 6g • fibre 2g • protein 4g • salt 4.6g

SOW AND GROW

plan ahead

- Sweetcorn is a tender plant, so choose a sunny, sheltered spot for it. Ideally, you should have dug in lots of well-rotted garden compost the previous autumn to feed the soil.
- In April or May, sow seeds in pots filled with good-quality compost. Sweetcorn seedlings hate root disturbance, so it's best to give each seed its own pot. Water well, then place on a warm, sunny windowsill or in a greenhouse to germinate.

Duck & plum salad

SERVES 2 **PREP** 20 mins
COOK 1 hr 45 mins **EASY**

2 duck legs
1 tbsp olive oil
1 tsp Chinese five-spice powder
2 medium carrots, sliced into thin, long matchsticks
4 spring onions, sliced into matchsticks
4 ripe plums, halved and sliced into 8 thin wedges

handful of coriander leaves, chopped
handful of roasted peanuts, chopped
½-1 tsp fish sauce (optional)
1 lime, juiced

1 Heat the oven to 180C/160C fan/gas 4. Put the duck legs in a small roasting tin and rub over the olive oil, Chinese five-spice and a pinch each of salt and pepper. Roast for 1 hr 30 mins-1 hr 45 mins until tender and easily pulled apart.

Leave to cool, then shred the meat using two forks.

2 Put the carrots, spring onions, plums, coriander leaves and peanuts in a bowl and toss to combine. Drizzle in the fish sauce, if using, and the lime juice. Toss again.

3 Tip the duck meat into a bowl or onto a serving platter, then top with the plum salad to serve.

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING 403 kcals • fat 25g • saturates 6g •
carbs 13g • sugars 12g • fibre 5g • protein 30g •
salt 0.4g



SOW AND GROW

plan ahead

- Plums grow best in a sunny spot in well drained, fertile soil. Most trees in the plum family come in sizes to suit all gardens. If you choose your tree carefully, you can train it into your preferred shape – as a standard or fan. Smaller trees grown on semi-dwarfing rootstock are easier to maintain.
- Many cultivars are self-fertile, so you can get away with planting a single tree, but plum trees will generally produce a better crop if cross-pollinated with other plums. There are four pollination groups, but plum trees flower at very similar times, and a plum tree in one group can be successfully pollinated by another variety in its own group, or in a group above or below it. Look out for the pollination group when choosing your trees.

Apple pie bars

MAKES 12-16 **PREP 30 mins**
plus cooling **COOK 35 mins**
EASY V

250g cold butter, cut into cubes
350g plain flour
150g light brown soft sugar,
plus 3 tbsp
1 tbsp vanilla extract
4 medium Bramley apples (around
900g), peeled, cored and cut
into chunks
1¼ tsp ground cinnamon (optional)
½ lemon, juiced
75g icing sugar

1 Heat the oven to 180C/160C fan/gas 4. Line a 18 x 28cm baking tin with baking parchment. Put the butter, flour, 150g of the brown sugar and the vanilla extract into a food processor with 1 tsp salt, and blitz until the mixture comes together. Press two-thirds of the dough into the tin in an even layer, then bake for 12-15 mins until golden. Keep the remaining dough chilled while you prepare the apples.

2 Tip the apples into a pan with 3 tbsp of the brown sugar, 1 tsp of the cinnamon (if using) and the lemon juice. Cook over a medium heat for 15-20 mins until the apples have softened but not broken down.

3 Tip the apples over the pastry base, then break up the remaining dough and dot it over the top. Bake for 15-20 mins until the topping is cooked and golden. Remove from the oven and leave to cool in the tin.

4 Combine the icing sugar and remaining ¼ tsp cinnamon with enough water to create a thick icing (you need around 2 tsp). Drizzle the icing over the apple pie bars, then slice into 12-16 squares. *Will keep in an airtight container for up to three days.*

PER SERVING (16) 292 kJ • fat 13g • saturates 8g •
carbs 39g • sugars 22g • fibre 2g • protein 2g •
salt 0.7g

SOW AND GROW

plan ahead

- Winter is the best time to plant bare-rooted apple trees. These are cheaper than container-grown ones, and are available in a wider range of varieties from fruit nurseries from October to March. Trees grow to different heights, depending on the rootstock.
- Prepare the soil before planting. Dig a square hole, hammer in a tree stake and position the tree. Hold the tree while you fill in around it with soil.

gf tip

Apple and cinnamon is a classic combination, but you can skip the cinnamon if you prefer.



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Learn something new

Get the best out of mushrooms and artichokes, plus achieve the crispiest chicken skin

Test kitchen secrets

Helena Busiakiewicz on the differences between wild mushrooms and shop-bought

Mushrooms are fascinating. While you can get cultivated mushrooms all year round, wild species are seasonal, with most flourishing from late summer to autumn and disappearing once the first frosts appear. They vary in textures and flavours – some species, such as king oyster, make a great meat replacement in dishes like tacos. You can even grow some varieties at home using special kits, but true wild varieties, like porcini (also known as ceps and penny buns), chanterelle or morels, must be foraged. This should only be done by an expert, as lots of wild

mushrooms are poisonous, even deadly. You may have seen mushrooms in the supermarket with 'extra vitamin D'. One of the most unique things about mushrooms is that when they are cultivated under UV light, they produce vitamin D. When it comes to cooking them, avoid the slimy texture by starting the cooking low and slow, drawing out the water and therefore intensifying their umami flavour. Once all that water has evaporated, you can turn up the heat and get them gorgeously golden.

#socialskills

Our tip of the month from the online world

How do you make a pan or roasting tin non-stick? Simply add a piece of baking parchment. Whatever you're cooking, lay the parchment in the frying pan, then add oil and fry directly on top (just make sure it's a good fit and nowhere near the flame). For ribs, wings or anything coated in sauces or crumbed

and baked, line the roasting tin with parchment – the juices will caramelise on the parchment adding to the flavour. This also works with baked dishes that need to be turned out, like a potato cake, as our skills and shows editor Barney Desmazery demonstrates on TikTok. [@barney_desmazery](#)

Do you really need... a wok?

There's no doubt that a wok is a versatile piece of kitchen kit, but it's also a bulky item to store, so should you go out and get one? Well, we say it's a numbers game – if you're cooking mostly for no more than two or three people, then stir-frying in a frying pan works better on a standard hob. However, if you want to make stir-fried dishes for more people, you need the volume of a wok to contain everything and give it enough space to be tossed around freely. Woks are also good for deep-frying, although this can be done just as well in any other wide saucepan or sauté pan.



The vegetable butcher

Globe artichoke hearts

Prepare this seasonal veg using classic technique



1 Cut off the stalk at the base then strip off the tough outer leaves, rubbing it with half a lemon as you go.



2 Trim the tips of the remaining leaves with scissors.



3 Use a small knife to trim the dark green outside to expose the lighter green flesh. Open the leaves to expose the bristly 'choke', then scrape it away with a teaspoon.

The artichoke heart is ready to be steamed, boiled or braised. If not using straightaway, keep it in water with a squeeze of lemon to stop it discolouring.



How to roast chicken like Joshua Moroney

The head chef and co-founder of restaurant Cue Point shares his tips



You've got to brine your bird to get that next-level crispy skin.

I prefer a citrusy-based brine – those gorgeously rich orangey, herby flavours at the end are too good to resist. You want a large bowl or clean bucket of half-full of water, then you want to aim for about 60g of salt per litre of water. Halve oranges, lemons and limes and squeeze them well before putting it all into the water along with the bird, then chill for at least eight hours and up to 48.

After a good dry, I like to season additionally with some herb salt and crushed black peppercorns. Keep basting throughout the cooking process, too. As it comes out of the oven, the skin can be taken off and the bird can be rested upside down to ensure the breast stays as juicy as possible. Cue Point is a halal company, so I'd make my gravy without any alcohol, but instead make an old-school, lush 'white' gravy with flour and all those amazing juices. I'd also go for a roast chicken salad for leftovers – good leaves, proper veg, your incredible chicken skin, and a decent French vinaigrette.

BRITAIN'S REGIONAL HEROES

The original bakewell

Before the famous tart, there was bakewell pudding which is just as fruity and nutty but with a warm, soft centre – best served with cream or ice cream

recipe CASSIE BEST photograph WILL HEAP

Bakewell pudding

Although the origins of this classic pud are uncertain (some say it was created by accident in a Derbyshire pub, while three shops in the town of Bakewell claim to have the original recipe), it's been around since the 1800s. It shares a similar flavour profile to its cousin, the bakewell tart, but is a softer, egg-based dessert.

SERVES 8 PREP 30 mins
plus cooling **COOK 50 mins**
EASY V *

320g sheet ready rolled all-butter puff pastry
150g butter, softened
150g caster sugar
3 eggs
150g ground almonds
1 lemon, zested
1 tsp almond extract
3 tbsp raspberry jam
25g flaked almonds
1 tbsp icing sugar

1 Unravel the pastry and use it to line a 20cm cake or pie tin with sloped sides. Trim the pastry, leaving about 2cm overhanging. Chill the pastry case while you prepare the filling. Heat the oven to 180C/160C fan/gas 4.

2 Beat the butter and sugar together in a bowl using an electric whisk for 2-3 mins until smooth and creamy. Add the eggs, ground almonds, lemon zest, almond extract and a pinch of salt, then beat again until combined. Remove the pastry case from the fridge and spread the jam over its base, then spoon in the almond and egg mixture, smoothing it to the edge using a spatula. Scatter the flaked almonds on top and bake for 50 mins until golden brown. Leave to cool for at least 30 mins, then dust with icing sugar and serve with cream or ice cream. *Will keep in an airtight container for up to three days, or frozen for two months.*

PER SERVING 560 kcs • fat 40g • saturates 16g •
carbs 39g • sugars 26g • fibre 1g • protein 11g •
salt 0.8g

Shoot director LAURIE NEWMAN, FREDDIE STEWART | Food stylist JAKE FENTON | Stylist SARAH BIRKS

Reclaim your
weekend
Bake a regional hero



Beat the Sunday scaries

Do you find yourself worrying about Monday on a Sunday afternoon? In our new series, we help you channel that energy in the kitchen and make the week ahead something to look forward to

photographs LIAM DESBOIS

Reclaim your
weekend
Cook mindfully



Make-ahead Monday breakfast

If you've been out foraging for blackberries, use them to bake our energy-boosting, fibre-rich muffins – the ideal grab-and-go breakfast for a hectic Monday. They're made with wholemeal flour and naturally sweetened with dates and bananas. You can also add pecans for a satisfying crunch.

Blackberry & banana breakfast muffins

SERVES 12 **PREP 10 mins**
COOK 20 mins **EASY** **V** *****

350g plain spelt wholemeal flour
2 tsp ground cinnamon
3 tsp baking powder
1 tsp bicarbonate of soda
2 very ripe bananas (160g peeled weight)
80g pitted dates, chopped
2 eggs
285g plain yogurt
4 tbsp rapeseed oil
2 tsp vanilla extract
225g blackberries
30g pecans, roughly broken (optional)

1 Heat the oven to 180C/160C fan/gas 4 and line a 12-hole muffin tray with paper cases. Tip the flour,

cinnamon, baking powder and bicarbonate of soda into a bowl and mix to fully combine.

2 Mash the bananas and dates together well in a second bowl, then beat in the eggs, yogurt, oil and vanilla to combine.

3 Toss the blackberries into the flour mix, then stir in the yogurt mix until you have a thick batter. Work quickly, as adding wet ingredients activates the raising agent.

4 Scoop the batter into the muffin cases – if you have a large ice cream scoop, this works well. Fill the cases almost to the brim. Scatter over the pecans, if using, and bake for 20 mins until firm and golden. Leave to cool on a wire rack. *Will keep in an airtight container for two days, or in the freezer for up to three months.*

PER SERVING 222 kcal • fat 8g • saturates 1g • carbs 28g • sugars 10g • fibre 5g • protein 7g • salt 0.6g

10 minutes

Take a little time to clear the cobwebs and get the blood pumping – short bursts of exercise can also provide a mental health boost. While we still have lighter evenings to enjoy, take a walk – even if it's just a stroll around the block.



Back to school

Especially at the start of the new term, Mondays can be a struggle for kids who don't want the holidays to end. Here are five ways to get them rested, then raring to go in the morning.

1 For very young children, choose a bedtime story about friendship or a school-based adventure to build excitement about the following day.

2 A new back-to-school pencil case, school bag or lunchbox treat can boost confidence for the day ahead.

3 When laying out the kids' clothes and packing bags for the following day, don't forget to do your own, too. It all saves time and stress in the morning.



4 You've heard it before, but breakfast is the most important meal of the day. A combination of wholegrain carbs and protein will energise you and keep you feeling fuller for longer. Try our muffin recipe (on the previous page) with a glass of milk, or prepare overnight oats with yogurt on Sunday evening. See our overnight oat recipes at [bbcgoodfoodme.com/recipes/overnight-oats-recipes](https://www.bbcgoodfood.com/recipes/overnight-oats-recipes).

5 Put positive thinking into practice. Studies show that visualising success makes it more likely to happen in the real world. So, take a few minutes on a Sunday evening to imagine how well Monday morning could go, step by step – and do the same for the rest of the week. You might find it's easier to get a good night's rest, having played things out in your mind.

Opt for caffeine-free tea

Caffeine can exacerbate stress, so choose a herbal tea to set a more relaxed tone on Sunday evening. Peppermint tea might even help you sleep better. Animal studies suggest it has a relaxing effect on the digestive and nervous systems, while inhaling the steam and menthol can ease breathing through your nose and potentially reduce snoring – so your partner can get more sleep as well!



Get ahead for Christmas



It's never too early to start preparing for Christmas and this tangy treat will brighten up any hamper

recipe HELENA BUSIAKIEWICZ photograph MYLES NEW

Peach jam

MAKES 2 x 300ml jars

PREP 20 mins plus 3-4 hrs

macerating **COOK** 1 hr **EASY**

1kg peaches (about 9), halved,
stoned and roughly chopped
500g caster sugar
1 lemon, juiced
2 fresh bay leaves (optional)
2 tbsp amaretto or 1 vanilla pod,
seeds scraped out

1 Tip the peaches and sugar into a large bowl and toss to combine. Leave to macerate, uncovered at room temperature, for 3-4 hrs, or until the fruit has softened slightly and is juicy. Meanwhile, put a small plate or saucer in the freezer.

2 Transfer the peaches to a large, wide pan. Add the lemon juice and bay, if using (along with the vanilla seeds and pod, if using, instead of the amaretto). Cook over a low heat for 5-10 mins until the sugar has dissolved, then turn up the heat to medium-high and simmer for 30-40 mins until it reaches 105°C on a sugar thermometer. To check the jam is ready, spoon a little onto the cold saucer – it should set quickly, and when pushed with your finger, it should wrinkle and not flood the gap left behind.

3 Remove the jam from the heat and add the amaretto, if using. Skim any foam from the surface, then leave to rest in the pan for 20 mins. Decant into sterilised jars (find out how to sterilise jars at bbcgoodfood.com), seal and chill until needed. *Will keep chilled for three months, or for a week once opened.*

GOOD TO KNOW low fat • gluten free

PER SERVING (1 tbsp) 36 kcal • fat none •

saturates none • carbs 8g • sugars 8g • fibre 0.3g • protein 0.1g • salt none

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Trick or treat!

Whether you're throwing a Halloween party or just entertaining the kids, we've got you covered

recipes CASSIE BEST *photographs* CHRIS TERRY





Eerie eyeball jelly

Spider's web
taco dip

Spiced Halloween
pumpkin cake



gf tip

You can make this fun jelly in a pudding bowl, bundt tin or jelly mould – silicone ones can make it easier to turn out the jelly.

Eerie eyeball jelly

SERVES 4 PREP 15 mins plus
at least 4 hrs 30 mins chilling
NO COOK EASY

100g blueberries
425g can lychees in syrup,
drained
popping candy (optional)
135g pack each red and green jelly

1 Push a blueberry into the hole of each drained lychee to make spooky 'eyeballs'. Pop the lychee eyeballs into a jelly mould or pudding bowl (ours was 1.2 litres, and measured 18cm across the base). Sprinkle over the popping candy, if using.

2 Make the green jelly following pack instructions, then pour enough of it into the mould to hold the lychees at the base once set (if you skip this step, the lychees will float to the top

of the mould). Chill for 30 mins, or until lightly set. Keep the rest of the jelly at room temperature.

3 Pour the remaining jelly into the mould and return to the fridge for at least 2 hrs until firmly set.

4 Make the red jelly following pack instructions, then pour into the mould. Chill for at least 2-3 hrs, or up to two days ahead. To serve, dip the outside of the jelly mould in hot water for about 30 seconds, put a serving plate on top of the mould, then quickly flip over and give the mould a gentle shake to encourage it to come out onto the plate. *Will keep chilled for two days.*

GOOD TO KNOW low fat • gluten free
PER SERVING 590 kcals • fat 1g • saturates 0.2g •
carbs 135g • sugars 112g • fibre 1g • protein 10g •
salt 0.7g

Spider's web taco dip

SERVES 6-8 PREP 20 mins
NO COOK EASY V

3 large avocados, peeled
and stoned
2 limes, juiced
100ml soured cream
½ small bunch of coriander
2 tomatoes, finely chopped
½ red onion, finely chopped
10 pitted black olives, sliced
50g cheddar or another hard
cheese, grated
tortilla chips, to serve

1 Scoop the avocado flesh into a blender. Add the lime juice, half the soured cream and most of the coriander (reserve a few leaves to serve), season with salt and blitz until smooth. Alternatively, finely chop the coriander and mash the ingredients together.

2 Spread the dip into a shallow, round dish or bowl (ours measured 28cm) using the back of a spoon. Transfer the remaining soured cream to a piping bag or sandwich bag, and snip off the tip or corner. Pipe a spider's web design on top.

3 Sprinkle the tomatoes, onions, olives and cheese around the edge of the dish, top with the reserved coriander leaves and serve with tortilla chips for scooping.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING (8) 217 kcals • fat 20g • saturates 6g •
carbs 4g • sugars 2g • fibre 4g • protein 4g • salt 0.2g



Spiced pumpkin Halloween cake

SERVES 12-15 **PREP** 30 mins

COOK 30 mins **EASY** **V** *****

175ml vegetable oil, plus extra for the tins
 250g self-raising flour
 1 tsp bicarbonate of soda
 1 tsp ground cinnamon, plus extra for dusting
 ½ tsp each ground ginger, nutmeg and ground cloves
 200g caster sugar
 200g light brown soft sugar
 3 eggs
 250g puréed pumpkin (see tip, below)
 150ml milk
 1 tsp vanilla extract
For the ghosts
 200g white chocolate
 black edible icing pen
 mini gold moon and star sprinkles (optional)
For the icing
 200g soft cheese
 175g unsalted butter, softened
 600g icing sugar
 1 tsp vanilla extract
 orange and pink gel food colouring

1 Heat the oven to 180C/160C fan/gas 4. Oil two 20cm round cake tins and line the bases with baking parchment. Combine the flour, bicarb, spices and ½ tsp salt in a large bowl. Whisk the sugars, oil, eggs, pumpkin purée, milk and vanilla together in a second large bowl using a wooden spoon until well combined. Pour the wet ingredients into the dry, then whisk until smooth. Divide the batter between the tins and shake gently to level the surface.

2 Bake for 30 mins until a skewer inserted into the centre of the cakes comes out clean. Remove from the oven and leave to cool in the tins for 10 mins, then transfer to a wire rack to cool completely.

3 While the cakes are cooling, prepare the ghosts and icing. For the ghosts, break the chocolate into a heatproof bowl and melt in the microwave in short 30-second bursts, stirring between each, or over a pan of simmering water, stirring occasionally. Line a baking tray with parchment. Make the ghosts by spooning a teaspoon of

melted chocolate onto the parchment, then dragging the spoon through it to make the ghost's tail. Repeat until you've used up all the chocolate, then chill for at least 30 mins. Draw on eyes and mouths using the icing pen.

4 To make the icing, beat the soft cheese and butter together in a bowl until creamy and smooth. Gradually add the icing sugar and vanilla, beating until light and fluffy. Divide the icing between two bowls. Colour one with a drop of orange food colouring and the other with a drop of pink colouring.

5 Once the cakes are completely cooled, put one sponge on a serving

plate or cake stand. Spoon a dollop each of pink and orange icing on the cake, spread to the edges, then put the second sponge on top. Use a palette knife to dot blobs of the two icings over the cake, then spread evenly over the top and sides, creating a marbled effect. Gently press the spooky ghosts and sprinkles, if using, into the icing.

Leftover cake will keep chilled in an airtight container in the fridge for up to three days. Can be kept frozen, un-iced, for up to two months.

PER SERVING (15) 651 kcal • fat 30g • saturates 12g • carbs 88g • sugars 75g • fibre 1g • protein 5g • salt 0.6g



gf tip

Buy cooked puréed pumpkin in a can for this recipe, or steam or microwave fresh pumpkin until tender, then blitz to a silky purée.

Little monster pancakes

SERVES 4 (makes about 30)
PREP 15 mins **COOK** 20 mins
EASY **V** * without toppings

225g self-raising flour
2 tsp baking powder
1 tbsp sugar
2 eggs
2 tbsp melted butter, plus extra for frying
175ml milk
75g baby spinach leaves, chopped
bananas, kiwi, blueberries and maple syrup, to serve (optional)

1 Put the flour, baking powder, sugar, eggs, butter, milk and spinach in a blender and whizz until smooth and bright green.

2 Melt a little butter in a non-stick frying pan over a medium heat and spoon in small dollops of batter (you can cook two or three pancakes at a time). Cook for 2 mins until the edges are set and bubbles rise to the surface, then flip and cook for 1-2 mins more. Keep warm in a low oven while you cook the remaining pancakes.

3 Decorate the pancakes with googly fruit eyes (slices of banana and kiwi with blueberry pupils work well) and pointy banana teeth to serve. Serve with maple syrup, if you like.

PER SERVING 367 kcal • fat 13g • saturates 7g • carbs 50g • sugars 7g • fibre 2g • protein 11g • salt 1.4g





Spaghetti with mummified garlic bread

Add chorizo, chicken, prawns or mushrooms to the sauce, if you fancy.

SERVES 4 PREP 20 mins

COOK 25 mins EASY V

2 tbsp olive oil
2 garlic cloves, crushed
pinch of chilli flakes (optional)
1 tbsp tomato purée
400g can chopped tomatoes
2 tsp sugar
1½ tsp dried oregano
300g spaghetti

For the garlic bread

100g butter, softened
2 garlic cloves, crushed
½ small bunch of parsley or basil, finely chopped, plus extra to serve
1 large ciabatta

½ x 250g ball mozzarella, drained
handful of black olives, sliced

1 Heat the oil in a large pan over a medium heat and fry the garlic and chilli (if using) until the garlic is sizzling but not brown, about 2 mins. Stir in the tomato purée, then tip in the tomatoes. Fill the can with water and add to the pan along with the sugar, oregano and a good pinch of salt. Partially cover with the lid and simmer for 15 mins, then cook, uncovered, for a further 5 mins until you have a rich sauce. If you prefer a smooth sauce, use a potato masher to crush any chunks of tomato – this will also give the sauce more body. Set aside.
2 To make the garlic bread, mash the butter, garlic and most of the herbs in a bowl. Split the ciabatta through the centre and open the bread on a board. Spread over the butter, then cut each

piece of bread into four slices, and arrange on a baking tray. Thinly slice the mozzarella. Cut each slice into thin strips, then arrange across the garlic bread in a random zig-zag pattern to mimic mummy bandages, leaving gaps to expose the garlic butter. Use 2 olive slices for eyes. Set aside in the fridge.

3 Cook the spaghetti following pack instructions. Drain and toss through the sauce, reheating it for a few minutes with the pasta and a splash of water. Meanwhile, cook the garlic bread under a hot grill or in an air-fryer for 10-12 mins at 200C. Tip the spaghetti into a large serving bowl and serve with the mummified garlic bread on the side. Scatter with the remaining parsley or basil leaves.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 833 kcals • fat 37g • saturates 19g • carbs 96g
• sugars 10g • fibre 7g • protein 24g • salt 1.4g



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health

Delicious recipes and top nutrition tips



chicken winner

It only takes 10 minutes to prepare this economical, wholesome dinner for all the family. Plus, you only need one pan so there's less washing-up

recipe SARA BUENFELD *photograph* LIAM DESBOIS

One-pot chicken & rice

Chicken breast can dry out in dishes like this, so this is where chicken thigh meat comes into its own – it's more tender and provides extra B vitamins, zinc and iron. As well as that, it's a cheaper cut. You can add a fresh chopped chilli if you want more heat, or some dried chilli flakes.



SERVES 4 **PREP** 10 mins

COOK 40 mins **EASY**

- 1 tbsp smoked paprika
- 1 tbsp ground coriander
- 2 large garlic cloves, finely grated
- 2 tsp rapeseed oil
- 600g pack boneless, skinless chicken thighs, halved
- 700ml hot vegetable bouillon, made with 2 tsp powder
- 250g easy-cook brown rice
- 320g leeks, washed and sliced
- 1 tsp dried oregano or 1 tbsp fresh thyme
- 2 bay leaves (optional)
- 320g mixed frozen vegetables (we used sliced carrots, broccoli florets and sweetcorn)

1 Put the spices, garlic and oil in a large bowl and mix well. Add the chicken and turn in the mixture until well coated. Heat a large non-stick pan that has a lid, then fry the chicken, uncovered (without extra oil) over a medium-high heat for 5 mins until browned, turning the chicken halfway to brown on both sides. Remove from the pan and set aside on a plate.

2 Pour the bouillon into the pan, stirring well to incorporate any garlicky bits that may have stuck to the base of the pan, then stir in the rice, leeks, oregano or thyme and bay, if using. Lay the chicken on top, then cover the pan and bring to the boil. Turn down the heat and simmer for 20 mins.

3 Stir in the frozen vegetables, then cover and simmer for about 5 mins to heat through. Leave to stand for about 5-10 mins, then lightly mix and serve.

GOOD TO KNOW healthy • fibre • vit c •

2 of 5-a-day • gluten free

PER SERVING 519 kcals • fat 9g • saturates 3g • carbs 55g • sugars 4g • fibre 9g • protein 38g • salt 0.6g



Shoot director FREDDIE STEWART
Food stylist PHIL MUNDY | Stylist FAYE WEARS





healthy diet plan

better batter

Lighten up this seaside favourite using gram flour and a pan instead of a deep-fat fryer

recipe SARA BUENFELD photograph JONATHAN GREGSON

Healthy, gluten-free fish & chips

Coat cod in a mixture of gram flour and ground almonds, then shallow-fry on the hob to keep fat content to a minimum and make this suitable for those who are gluten-intolerant. Serve with minted mushy peas and tomatoes to achieve two of your five-a-day.



SERVES 2 PREP 15 mins

COOK 50 mins EASY

- 1 tbsp rapeseed oil, plus a few drops for the foil
- 2 tomatoes on the vine, halved
- 1 egg, beaten
- 1 tbsp ground almonds
- 1 tbsp gram (chickpea) flour
- 3 pinches of gluten-free baking powder
- 2 skinless cod loins (280g)

For the chips

- 1 tsp rapeseed oil
- 2 large floury potatoes (400g), cut into chips

For the mushy peas

- 200g frozen peas
- 2 spring onions, trimmed and chopped
- 2 tbsp chopped mint

1 Heat the oven to 200C/180C fan/gas 6. Line a baking sheet with a sheet of foil and rub with a few drops of rapeseed oil. For the chips, toss the oil with the prepared potatoes, then spread over the baking sheet in a single layer and bake for 30-40 mins until golden. After 20 mins, add the tomatoes or cook on a second baking sheet.

2 Meanwhile, make the mushy peas. Boil the peas and spring onions in a pan for 5 mins until tender. Drain, reserving some of the cooking water. Tip the peas and spring onions into a bowl with the mint and 2 tbsp of the reserved water, then blitz using a hand blender until smooth. Set aside.

3 To prepare the fish, whisk the beaten egg, ground almonds and gram flour together with a little seasoning – it doesn't need to be completely smooth. Heat the 1 tbsp oil in a non-stick frying pan over a medium-high heat. Stir the baking powder into the batter mixture and quickly coat the cod loins on both sides. Fry for 3 mins on one side, then spoon over any coating left in the bowl, turn using a fish slice and fry for another 3 mins until golden and cooked through.

4 Warm the mushy peas in the microwave if needed, then serve with the fish, chips and tomatoes.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free

PER SERVING 530 kcs • fat 15g • saturates 2g • carbs 50g • sugars 11g • fibre 11g • protein 43g • salt 0.7g



health expert

energise your life

GP and recipe writer **Dr Chintal Patel** highlights five ways to increase your vitality and shares a recipe using chickpeas for slow-release energy

1 ADD VARIETY TO YOUR DIET

This is my number-one tip. Aim to incorporate as many different coloured foods in your diet as you can. You can do this through fresh or frozen fruits and vegetables, spices, or look at your snack cupboard – choose things like mixed nuts, seeds, dried fruit or crackers. That way, you're not defaulting to a chocolate bar or crisps.

2 GET MORE FIBRE INTO YOUR MEALS

Focus on including more plant foods in your meals. Throw frozen fruit in porridge or a smoothie, use up veg in a soup or curry, bulk out pasta and pies with a can of beans or legumes.



3 AVOID EXTREMES

I suggest looking at your weekly shop with an 80/20 mindset. Make plans for lots of vegetables and nourishing recipes throughout your week, then, if you do find yourself at a party or someone brings some cake to work, it doesn't need to be an issue, because you've already included plenty of nutritious foods in your week.

4 GET ENOUGH SLEEP

Sleep is massively important for our overall health. We don't often give it much credit, but as well as helping us feel energised in the morning, sleep is so important for cellular renewal, rejuvenation and longevity. The recommendation for optimal sleep is between seven and nine hours for adults, so take some time to figure out what works for you.

5 DIGESTION IS KEY

While what you put into your body is important, how your body reacts to that food is equally so. We tend not to consider gut health until we experience a specific issue like bloating or flatulence. If you find yourself feeling tired, anxious or filled with brain fog after a meal, those are signs that your digestion needs support.



Chole with cumin rice & raita

As well as being quick to cook, high-fibre chickpeas keep energy levels steady and aid digestion.

SERVES 4 **PREP 15 mins**
COOK 20 mins **EASY** **V**

1 tbsp vegetable oil
1 red onion, finely chopped
4 tsp cumin seeds
1 tsp finely grated ginger
4 garlic cloves, finely grated
2 tsp curry powder
2 x 400g cans chickpeas
100g tomato purée
30g coriander, chopped
300g basmati rice

For the raita

¼ cucumber, grated
200g Greek-style yogurt
½ tsp cumin seeds, toasted and crushed
small handful of mint, chopped
handful of pomegranate seeds, to serve (optional)

1 Heat the oil in a pan over a low heat and fry the onions for 10 mins until starting to brown. Add 3 tsp of the cumin, the ginger, garlic and curry powder, then stir for 1 min.

2 Tip in the chickpeas and the liquid from the can, the tomato purée and 20g of the coriander. Season.

Simmer for 10 mins, adding a splash of water if it looks too dry.

3 Tip the rice and 2 litres boiling water into a pan with the remaining cumin. Season. Simmer for 10 mins, or until the rice is tender. Drain.

4 For the raita, stir the cucumber into the yogurt with the cumin, mint and remaining coriander. Season, scatter over the pomegranate seeds, then serve with the chole and rice.

GOOD TO KNOW healthy • gluten free

PER SERVING 561 kcal • fat 14g • saturates 4g • carbs 82g • sugars 8g • fibre 11g • protein 21g • salt 0.2g

Gourmet lifestyle



Seaside Sojourn

Raffles The Palm Dubai p94

Competitions p98

Seaside Sojourn

Discover a spectacular retreat at Raffles The Palm Dubai







Nestled along the serene shores of the Arabian Gulf, Raffles The Palm Dubai stands as an embodiment of opulence and refinement. Upon entering the lobby, you're welcomed by a captivating blend of Arabian allure and enduring elegance, where golden accents and rustic elements combine to establish a regal yet inviting ambience.

A magnificent chandelier graces the space, illuminating the grandeur and craftsmanship that define the hotel's decor. The lobby isn't merely

a passageway; it's a destination in its own right. From the seamless check-in process to the vibrant lobby, every facet of the hotel reflects a commitment to providing an extraordinary stay.

ACCOMMODATION

Stepping into the Premier Ocean room, we were immediately enchanted by the grandeur and elegance that enveloped us. The room's meticulously crafted furnishings by Francesco Molon exuded an air of sophistication, while the executive work desk provided



an ideal space for any work-related endeavours. The allure of the room was amplified by its exceptional features, including access to all resort facilities, round-the-clock butler service, and the convenience of 24-hour in-room dining.

The bathroom was equally luxurious, with a generously sized walk-in shower and a separate bathtub to unwind and revitalise. Undoubtedly, the most captivating feature of the room was the private balcony, which served as a tranquil sanctuary where we could fully immerse ourselves in the mesmerising vistas of the Arabian Gulf.

CULINARY HIGHLIGHTS

Our day unfolded with a beautiful Afternoon tea experience in Blüthner Hall, featuring a spread of homemade sandwiches, traditional British scones, and an array of patisserie delights. The savoury course started with



tantalising sandwiches, including Pinwheel salmon and cream cheese and Mini egg truffle paired with a selection of fragrant teas and coffee. Transitioning seamlessly, we savoured the British warm plain and raisin scones with strawberry preserve and cornish clotted cream, a testament to the timeless charm of afternoon tea. The patisserie temptations took centre stage, with offerings ranging from Chocolate tacos to Pistachio choux puffs and a vibrant Mango tart.

The evening at Matagi immersed us in the world of Japanese cuisine. Our culinary journey began with delectable King Crab gyoza paired with zesty ponzu sauce and Crispy Japanese squid with aromatic togarashi. For the main course, we savoured succulent Australian A5 wagyu beef tenderloin with Yakikniku sauce and a harmonious Tempura tiger shrimp rice bowl. Our experience was further enhanced by expertly crafted mocktails, including the refreshing Rei shun highball and

Benten. Desserts delighted our senses with the exquisite Flavours of black sesame and Japanese mandarin sorbet. We also enjoyed the artfully presented Japanese kabocha squash soy custard and sansho, accompanied by a blend of pumpkin puree and ice cream, elegantly served with a lemon meringue and caramel krill pairing.

As we reach the grand finale of the evening at the Sola Jazz Lounge, the magic of live jazz with exhilarating live performances comes alive to captivate the senses. We indulged in a selection of mocktails to end the night - including The girl from Ipanema, featuring a symphony of orange juice, homemade passion fruit foam, soda, and lemon juice, and the enchanting A love supreme, where handcrafted raspberry cordial blends with soda and citric acid.

The following morning beckoned us to Le Jardin for an opulent breakfast experience. Set against a backdrop reminiscent of French palaces, with an alfresco terrace overlooking flourishing

gardens. The extensive buffet offers an array of international gourmet delights, seamlessly weaving together the finest culinary treasures from Europe, the Middle East, Asia, and India. Our morning began with a refreshing Iced coffee latte adorned with caramel, while my dining companion savoured a hot cappuccino. The buffet spread enticed us with an array of fresh fruits, savoury chicken cheese sausages, sautéed mushrooms, pancakes, and hearty baked beans. Venturing into the extended à la carte menu, we relished the flavourful Masala dosa (a spicy Indian rice crêpe), a satisfying conclusion to our morning breakfast.

FACILITIES

From a tranquil private beach allowing you to relax to the soothing melody of the Arabian Gulf's waves to a spacious, climate-controlled pool area, enveloped by pristine surroundings and various lounging choices, explore a host of amenities at Raffles The Palm Dubai. For ultimate relaxation and rejuvenation, the in-house spa presents a wide array of treatments and therapies. The Cinq Monde covers an expansive area of 3,000m² and features 23 treatment rooms, 2 private spa suites, 7 scrub rooms, 2 traditional Hammams, and a yoga studio, creating the perfect atmosphere.

BOOK NOW

The Premier Ocean room with balcony is available from AED1,682 per night. Visit raffles.com/thepalm-dubai.



Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



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Centara Ras Fushi Resort & Spa invites you to participate in an exclusive competition for a chance to win a dream getaway to the breathtaking Centara Ras Fushi Resort & Spa, nestled in the pristine paradise of the Maldives. This luxurious package includes accommodation, meals, and access to the resort's world-class amenities and experiences.

During your stay, you'll have the opportunity to indulge in delectable culinary experiences, from contemporary Thai delicacies to Arabic specialties and Italian feasts, meticulously prepared to tantalize your taste buds. Enjoy refreshing concoctions, afternoon tea, and exciting refreshments in a laid-back setting with breathtaking ocean views.



Immerse yourself in the turquoise waters surrounding the island, perfect for snorkelling, water sports, and exploring some of the top dive sites in the Maldives. Relax and rejuvenate at the award-winning SPA Cenvaree, leaving you refreshed and revitalized. Don't miss out on this incredible opportunity to visit Centara Ras Fushi Resort & Spa.

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DINING VOUCHER FOR THREE AT ENAS, WORTH AED1,000

Savour the exquisite flavours of Mediterranean cuisine at Énas and indulge in the joy of communal dining, featuring an array of enticing dishes such as a mezze platter featuring Kalamata olives, marinated feta, three dips, and Koulouri bread, along with a Gulf prawn saganaki complemented by Greek oregano and a tomato ragu. Don't pass up the chance to explore and relish the authentic Mediterranean taste sensation at Énas, and you might even have the opportunity to win!

DINING VOUCHER AT VENUS BEACH CLUB, CAESARS PALACE DUBAI, WORTH AED700



Saturdays are perfect for soaking up the sun, so head to Venus Beach Club to enjoy the season and discover Italian delicacies and signature beverages. Prepare for an exceptional pool party experience, distinguished by a DJ crafting the latest tunes and a captivating live performance that will ensure an elevated atmosphere throughout the day.

A TWO-DAY PASS TO NOFA RIYADH, A RADISSON COLLECTION RESORT, WORTH AED1,000



Experience a luxurious and adventurous day with day passes to Nofa Riyadh, A Radisson Collection Resort. Nestled in a picturesque landscape featuring lush

lawns and rolling sand dunes, this exclusive offer provides a serene escape from the city. Your day will be filled with unforgettable moments, including safari tours with exotic wildlife, rejuvenating spa sessions at the Amani Spa & Wellness Center, fine dining, and various entertainment options such as cinema, bowling, and an Adventure Park. Don't miss this unique opportunity to enjoy a day of luxury, culture, and adventure.



DINNER FOR TWO AT SOCIAL, WALDORF ASTORIA DUBAI PALM JUMEIRAH, WORTH AED600

Indulge in a memorable evening at Social Dubai, where the culinary mastery of Head Chef Carmine Faravolo transports diners straight to the heart of Italy. Embark on a gastronomic voyage with a contemporary and whimsical interpretation of authentic Italian cuisine accompanied by spectacular vistas of Dubai, within a setting that caters to both casual dining and special celebratory occasions.

DINING VOUCHER AT RARE, WORTH AED500

Embark on a culinary adventure with RARE, the first gourmet food truck in the UAE that brings together Japanese and Latin American culinary inspirations. Housed within this visually captivating mobile kitchen is a bespoke robata grill, at the core of its exceptional offerings. The menu proudly features top-tier ingredients meticulously procured from renowned global suppliers, including Bluefin Akami Tuna from Japan, Wagyu sourced from Mayura Station in Australia, and Saroma in Japan.



DINING VOUCHER AT GRAPESKIN GRAPE BAR & KITCHEN, WORTH AED500

Delight in a wide selection of grapes and craft beverages expertly paired with delightful sharing-style platters in a welcoming and laid-back setting. Situated within La Ville Hotel & Suites City Walk, Dubai, Autograph Collection, Grapeskin offers an ideal setting for social gatherings, allowing you to relax and reconnect with friends or colleagues after a day's work. The team of grape experts, well-versed in their craft, will accompany you on a journey through the world's most distinguished vineyards, all without leaving Dubai.



INDULGE IN A LAVISH DINING AFFAIR AT BABEL, WORTH AED500

Enter a realm of culinary magnificence as Babel introduces its fresh concept at Dubai Mall, seamlessly merging elegance with simplicity. The interior decor exudes both regal opulence and contemporary flair, inviting you to relish in the extraordinary. While preserving its iconic dishes such as Taboulet al-bahhar and Lebanese mezza, Babel also unveils a tempting array of innovations. Tuck into Hummus caviar, Moujadara crackers, and Ravioli shish barak, and embark on an epicurean adventure through a menu that promises an unparalleled gastronomic journey.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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